

IBS – IRRITABLE BOWEL SYNDROME And IBSAid

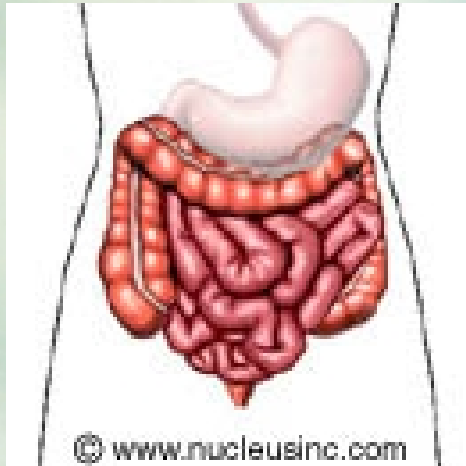


Intestinal **B**alance **S**upplement

A Natural and Effective Means to Recovery



What Is IBS, Really



- Irritable bowel syndrome (IBS) is an intestinal disorder that causes abdominal pain or discomfort, cramping or bloating, and diarrhea or constipation. Irritable bowel syndrome is a long-term but manageable condition.



What causes IBS?

The cause of irritable bowel syndrome is not well understood. In IBS, the movement of the digestive tract is impaired, but doctors can find no change in physical structure, such as inflammation or tumors. The symptoms of IBS are **thought** to be related to faulty communication between the brain and the intestinal tract.



What are the symptoms of IBS?

- The main symptoms of irritable bowel syndrome are abdominal pain or discomfort that occurs along with constipation or diarrhea. Other common symptoms are bloating, mucus in the stools, or a sense that you have not completely emptied your bowels. IBS is one of the most common intestinal disorders. Most people's symptoms are so mild that they never see a doctor for treatment.



Is IBS a Dangerous Condition?

- A given episode of IBS may be milder or more severe than the one before it, but the disorder itself does not become worse over time. Irritable bowel syndrome does not lead to more serious diseases, such as inflammatory bowel disease or cancer, but a person who has IBS may also have one of these illnesses. IBS does not shorten life expectancy.
- However, long term suffering from IBS may lead to depression and unwanted lifestyle adjustments.



Is IBS permanent?

- Symptoms of IBS may persist for a long time and it is rare for a person to suffer from it constantly. The pattern of IBS varies from one person to the next and from one bout to the next. Some people have symptoms off and on for many years, yet you may go months or years without having any symptoms. Most people, however, have recurrent episodes of symptoms that may affect their daily lives.
- With the appropriate treatment, symptoms may improve over time in most people.



Who Gets IBS?

- It is estimated that between 10% and 15% of the population of North America, or approximately 45 million people, have irritable bowel syndrome, yet only about 30% of them will consult a doctor about their symptoms. IBS tends to be more common in:
 - Half of the people who have IBS develop symptoms before age 35, and 40% develop symptoms between the ages of 35 and 50.
 - In women, IBS is 2 to 3 times more common than in men.



Who else gets IBS?

- People who have panic disorder or other psychological conditions.
- People who have a family history of IBS.
- People who have a history of physical or sexual abuse or other psychological trauma.
- People with other conditions including Chronic Fatigue Syndrome, a condition that causes severe fatigue, Fibromyalgia, a condition that causes widespread muscle and soft-tissue pain and tenderness, and Temporomandibular (TM) disorder which causes pain and discomfort in the jaw muscles and joint.



When Do I Call a Doctor?

When:

- Your symptoms become worse, begin to disrupt your activities, or do not respond as usual to your home treatment.
- You are becoming more tired than usual.
- Your symptoms wake you from sleep.
- You have unexplained weight loss. You have decreased appetite.
- You have abdominal pain that is not associated with changes in bowel function or that is not relieved when you pass gas or a stool.



Is Watchful Waiting an option?

Watchful waiting is not appropriate if you have any "alarm symptoms," which could indicate a serious problem. Alarm symptoms include:

- Fever, unexplained weight loss, blood in your stools.
- Anemia, which is a decrease in the amount of oxygen-carrying substance (hemoglobin) found in red blood cells.
- Family history of colon cancer or inflammatory bowel disease, which causes chronic inflammation of the intestines.
- You have abdominal pain that is now in one area (localized) more than any other area.



What are my treatment options?

- Irritable bowel syndrome is a long-term (chronic) but manageable condition. Treatment will depend on the types of symptoms you have and their severity, as well as how they affect your daily life.
- It is important that you work closely with your health professional to create a treatment plan that will meet your needs. Learn all you can about your condition so you can effectively communicate your concerns and questions to your health professional.



What are initial treatments?

- No single type of treatment for irritable bowel syndrome works best for everyone. You and your health professional will need to work together to determine what may be triggering your symptoms.
- Standard medical treatments have not enjoyed a great rate of success and may, themselves, cause unwanted side effects.
- In some cases, new alternative treatments for IBS have proven to be more successful than conventional allopathic therapies.



What are some standard medications for IBS?

- Medications such as loperamide (Imodium) for diarrhea, tegaserod (Zelnorm) for constipation, antianxiety agents such as paroxetine (Paxil) and Alosetron, a medication that decreases abdominal sensitivity are mostly prescribed, but frequently cause side effects or new and unwelcome conditions.
- These medications may also require lifestyle changes in order to manage symptoms of IBS.



Are there other treatment choices?

- The following treatment options may help relieve symptoms of irritable bowel syndrome (IBS). These treatment methods are usually more effective if they are used along with other treatment methods, such as diet changes, stress reduction, and sometimes medication.
- **Therapy.** Psychotherapy and behavioral therapy may be effective if you have pain caused by IBS. Some people who use these treatment methods may have long-term relief.



Are there other treatment choices?

- **Hypnosis.** Hypnosis can help some people relax, which may relieve abdominal pain.
- **Relaxation or meditation.** Relaxation training and meditation may be helpful in reducing generalized muscle tension and abdominal pain.
- **Biofeedback.** Biofeedback training may help relieve pain from intestinal spasms. It also may help improve bowel movement control in people who have severe diarrhea.



What about diet?

- The following suggestions may help prevent or relieve some IBS symptoms:
- Avoid caffeine.
- Limit your intake of fatty foods. Fats increase gut sensations, which can make abdominal pain seem worse.
- If diarrhea is your main symptom, limit dairy products, fruit, or the artificial sweetener sorbitol.
- Increasing fiber in your diet may help relieve constipation.
- Avoiding foods such as beans, cabbage, or uncooked cauliflower or broccoli can help relieve bloating or gas.



Have natural medications been effective?

- Yes, there are certain natural formulas that have been successful in the treatment of IBS.
- Some formulas require colon irrigation (enema) while others come in tablet or capsule form.
- A recent, yet among the most effective natural remedies for IBS and IBD is IBS Aid



What is IBS Aid?

IBS Aid is a unique and patented product which contains a rich dietary source of nucleotides.

Nucleotides are the building blocks of DNA and RNA, which are needed by the body in very large quantities to produce the millions of cells it needs every day to carry on all of its metabolic, disease fighting, growth, repair and health maintenance functions. Studies indicate that the supplemental consumption of concentrated nucleotides, such as those found in **IBS Aid**, is useful in relieving symptoms of IBS and IBD.



Is there scientific evidence that IBS Aid is an effective treatment for IBS?

- Yes, in several studies done at universities and commercial laboratories, IBS Aid was shown to substantially reduce symptoms related to gastrointestinal distress, such as chronic diarrhea, frequent urgency, painful cramps, incomplete bowel evacuation, bloating, fatigue, weakness, malaise and weight loss.



What about the research?

- **Clinical research completed in 2003 at the University of Guelph in Ontario, Canada, demonstrated the effectiveness of the IBS Aid formula in reducing or eliminating many to most of these common symptoms associated with IBS. The study reached the following conclusion:**



What about the research?

- “The administration of IBS Aid decreased straining, hard stool and incomplete evacuation in individuals with IBS without causing any adverse effects. In addition, IBS Aid reduced the number of days with reported straining, flatulence and incomplete evacuation. The above improvements were generally observed after 4-6 weeks of treatment. The product also tended to improve almost all other symptoms of IBS, especially mucus and urgency.”



What about the research?

- The findings of this study resulted in another, government funded, clinical trial at the University of East London in Great Britain which verified the results from Canada.



Note:

Both trials were conducted with **25%** of the manufacture's recommended dosage of IBS Aid.



How does IBS Aid work?

- IBS Aid addresses some of the causes of IBS rather than the symptoms.
- Repeated animal research has verified that exogenous nucleotides, such as formulated into IBS Aid, promote the length and surface area of the intestinal villi, small, finger-like projections that protrude from the epithelial lining of the intestinal wall. In addition, it influences the growth of beneficial bacteria such as Lactobaccili and Bifidobacteria in the digestive tract.

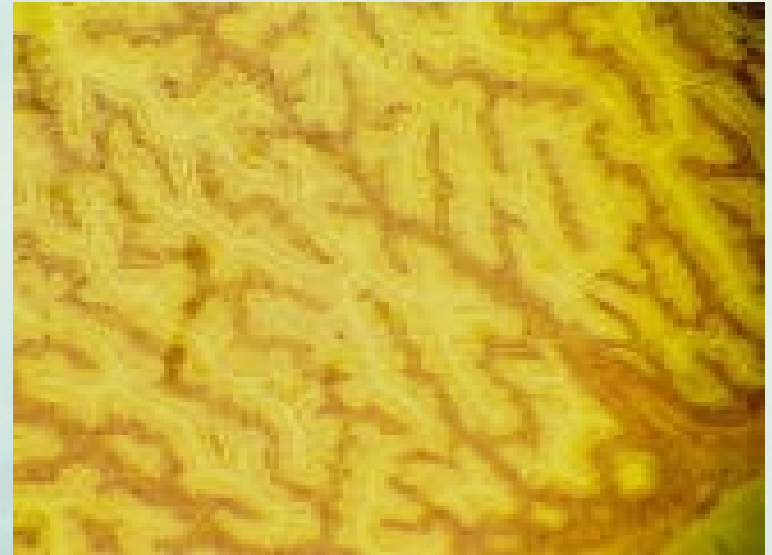




How does IBS Aid work?



**Intestinal villi without
Nucleotide supplementation**



**21% increase after
nucleotide supplementation**



Is IBS Aid safe to use?

- IBS Aid's active ingredients are identical to those which your body uses to fight disease, infection, and malignancies, it is very safe to use and has shown no harmful side effects when used as directed. In fact, these same ingredients are so safe that they have been widely used to make infant formulas more like mother's milk which strengthens the baby's immune system.
- IBS Aid is suitable for vegetarians.



Are there contraindications?

- Since IBS Aid accelerates and intensifies natural immune response and tissue repair, people who have autoimmune disease or had organ transplants should not take IBS Aid without consulting with a health care professional.
- Also, since IBS Aid contains Purine, people with Gout should not take it without consulting their doctor.





Personal Testimonies From IBS Aid Users



“IBS Aid has been next to a miracle for me.” submitted by Ruth N

As evidenced by research and peoples’ personal testimonies, IBS Aid frequently outperformed many expensive prescription and over-the-counter medicines currently used to reduce the symptoms of IBS or chronic gastrointestinal distress



Personal Testimonies

Here are just some of the numerous personal testimonies received from IBS sufferers just like you who have found incredible relief from IBS

- Submitted by I.C., female:

“This is still working better for me than anything has for 30 years. Thank you!”

- Submitted by B.G.N., female:

“Thank you! After 18 years of suffering from IBS, IBS Aid took care of all my problems. I have a life again.”



Personal Testimonies

- Submitted by Ted B:

“I have just completed two weeks of your product and I am VERY pleased. My bowels have become normal and I have not experienced any side effects at all. It is really a great product. This is the very best and most effective product I have ever used. Thank you for providing it.”

- Submitted by Kathie R:

“This is the first thing I have tried that has had any lasting effect. Most products work for just a while before failing. IBS Aid, so far, has continued to work.”



Personal Testimonies

- Submitted by N.S:

“I am feeling better than I have in years! My mother is also taking IBS Aid and having good results. This is truly a great product!”

- Submitted by J.B:

“I have been using the product for about 10 days and from day one it has been wonderful.”

- Submitted by Peggy F:

“Had problems for over 20 years. Many tests and doctors. Very pleased even after two weeks. I had forgotten what normal bowel function should be.”



Personal Testimony

IBS Aid IS CHANGING MY LIFE

Submitted by Jaqui W. – IBD (Crohn's Disease) patient

At the age of 22, after suffering excruciating pain, discomfort, embarrassing bodily functions, constant fatigue and skin sores for over eighteen months; I was diagnosed with Crohn's disease. I had no idea what the disease was and how much it would control my life. This was just the beginning of a long rocky road of hospital visits, surgery and an abundance of drug cocktails, such as Prednisone, Asacol and Cyclosporin, to name but a few. I have also endured months of liquid diets, (Elemental 028) to allow my intestine to recover from severe attacks of Crohn's, and also allowing my body to recover before surgery. My last operation in April of 1999 was successful, for a time. However in 2001, the Crohn's reappeared, not only in my Intestine and small bowel, but also in my throat and mouth. Again the rollercoaster of pain, drugs and hospital visits were to resume. However the difference this time was that I was married with a small baby and living in a foreign country. I didn't have my support network of family and friends to help me through the ups and downs of treatment. In February of this year, my Consultant was convinced the only way ahead was yet another operation. I needed something to work fast and have long term effects without the side effects of conventional treatment or surgery.

It's 2003, and I am 29 years old. I am feeling and looking the best I have felt as long as I can remember. I have had no further surgery and am taking no drugs to treat my Crohn's. My life changed in March of this year when I started to take your product, IBS Aid. The results were remarkable. Within 2 weeks, I had more energy and generally felt fitter. Within one month, I had no trace of blood in my feces and my tongue and throat had little to no swellings or surface ulceration. After three months, my mouth was clear, and my bowel movements had changed dramatically. After eight years of pain and diarrhea, I was now free of them both. The physical changes my body is undergoing are remarkable. The skin sores I suffered around my torso have healed, my nails have begun to grow, my hair has stopped dropping out, and my eyes look brighter and whiter. I no longer look exhausted all of the time. I now have the energy to run around after my 1-½ year old daughter. And, I owe all of this to your new formula; it is changing my life!



Personal Testimony

Submitted by Jessica .D.

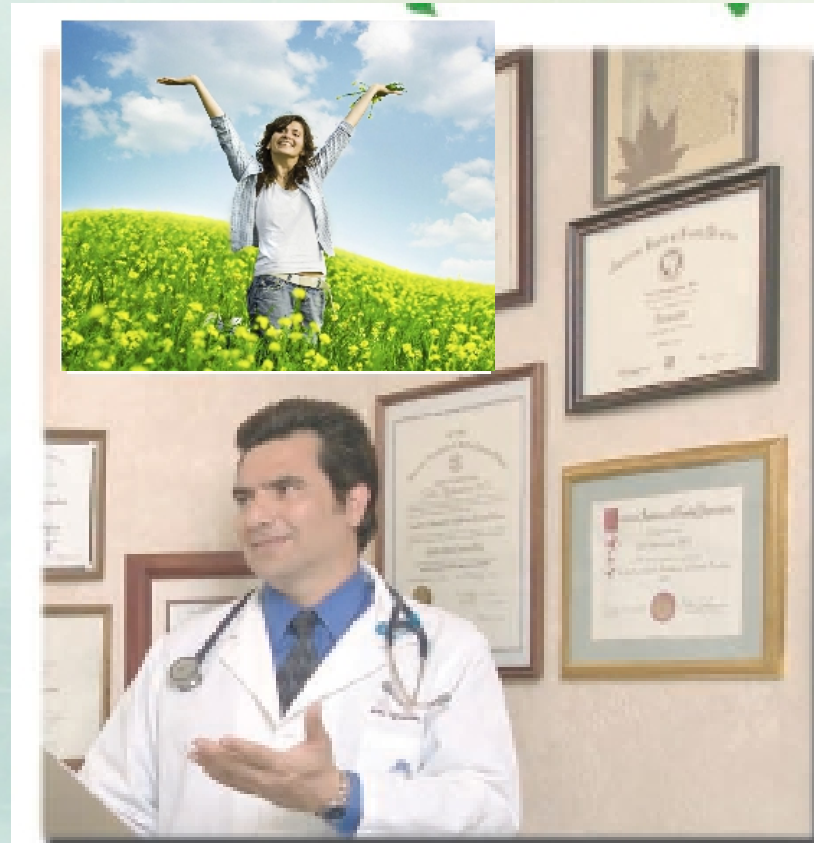
Before discovering IBS Aid my life was very restricted, and often filled with pain and discomfort. I used to begin my day with a glass of water and anti-diarrhea medicine, and maybe a little white bread or crackers. Eating breakfast was not an option before driving the kids to school. I had long ago given up working outside the home. If you suffer from IBS, you know the dreadful routine that used to be mine: So many foods were not safe to eat, and most social invitations had to be turned down, because there may not have been a private bathroom (or any bathroom in some cases). I went to doctors who said they could not find anything, and some who gave me prescriptions that curbed the symptoms after they were already present. I tried self-hypnosis CDs and even cognitive-behavioral therapy after so many people tried to convince me that the cause of my symptoms was "all in my head". A year ago my father happened to come across IBS Aid, and the timing could not have been better. I had dropped twenty pounds, and was regularly hungry and in pain. Within a month of taking the pills on a daily basis my entire system had changed; there was no longer any pain or gas in my abdomen, my need to use the bathroom was reduced to once a day, and I could even eat a balanced meal that included some dairy and meat. My life had changed completely. I can do things like take a long subway ride without any apprehension, and I am currently applying for jobs outside my home. IBS Aid has saved my life.



Doctor's Testimony

"I have evaluated IBS Aid and have found it to be effective in varying degrees in the alleviation of gastrointestinal distress and symptoms generally defined or diagnosed as Irritable Bowel Syndrome (IBS). Therefore I would recommend its use as an alternative and natural approach to prescription pharmaceuticals and over-the-counter remedies."

Dr. John Symeonides, M.D.



Dr. Symeonides, M.D.



Doctor's Testimony

Dr. Michael Epitropoulos, DC , PhD

"I have worked in the field of clinical nutrition for over 26 years and have never seen a product as effective against gastrointestinal distress as IBS Aid. Every patient to whom we have provided this product has shown exceptional results. I am particularly impressed with the significant reduction of various symptoms associated with Irritable Bowel Syndrome."

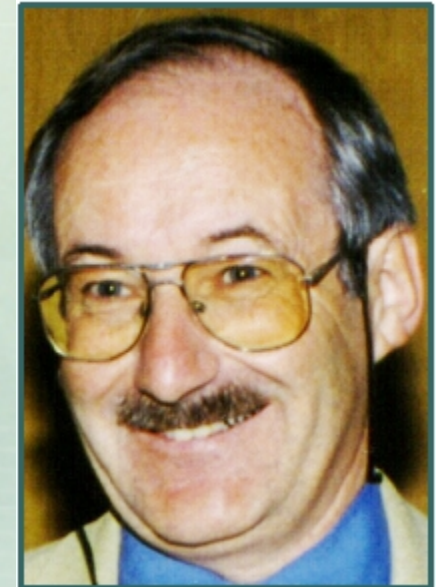




Doctor's Testimony

Dr. Peter Koeppel, PhD

I have observed the results of the use of the dietary supplement "IBS Aid" for the relief of various symptoms of IBS for over 5 years. During this time, I have witnessed consistently positive efficacy without any undesirable side effects. The overall results of taking this non-pharmaceutical, natural product ranged from good to excellent. Usually, IBS symptoms significantly diminished within two to three weeks of first use which obviously improved the daily lives of those afflicted. Interestingly, I noted that people with "Traveler's Diarrhea" also benefited from taking IBS Aid. Therefore, I highly recommend this product for people with general intestinal disorders, especially those which are diagnosed as IBS or IBD.



Join the Many Americans Who Have Found Relief from IBS with

