



## WHO IS AFFECTED

More than 200, 000 new cases in the US per year.

Ages Affected:

- 0-2 Very rare
- 3-5 Rare
- 6-13 Common
- 14-18 Very common
- 19-40 Very common
- 41-60 Very common
- 60+ Common

It is twice as common in women as men and typically occurs before age 45.

## HOMEOPATHIC TREATMENT

- ★ The syndrome is often caused by the many types of stress.
- ★ Homeopaths help you deal with the stressors in your life
- ★ Homeopaths have remedies that improve individual symptoms
- ★ This integrated approach often leads to the symptoms eventually going away.

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## SYMPTOMS AND CAUSES/TRIGGERS

- A. An intestinal disorder causing pain in the belly, gas, diarrhea, and constipation
- B. Signs and symptoms include cramping, abdominal pain, bloating, gas, and diarrhea or constipation, or both
- C. The causes are not known or understood
- D. Diagnosis is based on symptoms, there are no tests to diagnose it
- E. Symptoms include abdominal pain, bloating, diarrhea, and constipation.
- F. Onset may be triggered by an intestinal infection, or stressful life event

## WHAT ALLOPATHY SAYS

- It's incurable
- It's a chronic problem that you'll need to manage long term. It can last years or be life long
- Some people can control their symptoms by managing diet, lifestyle, and stress. Others will need medication and counseling
- To control the symptoms, practitioners recommend dietary changes, medication, probiotics, and counseling
- Dietary measures include increasing soluble fiber intake, a gluten-free diet, or a short-term diet low in fermentable oligosaccharides, disaccharides, monosaccharides, and polyols
- The medication loperamide may be used to help with diarrhea while laxatives may be used to help with constipation. Antidepressants may improve overall symptoms and pain

See reverse for some remedies that can help ->



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## REMEDIES THAT CAN HELP

### **Pulsatilla**

Generally indicated for persons having a mild, yielding disposition; inclined to weep. Changeable stools, diarrhea from ice cream, indigestion from fatty food, abdominal pains, flatulent or neuralgic, with nausea.

### **Natrum Muriaticum**

Tend to be an introverted, closed people who can't take any form or ridicule or rejection. Burning pains and stitching after stool. Constipation; stool dry, crumbling. Anus contracted, torn, bleeding. Painless and copious diarrhea, preceded by pinching pain in abdomen.

### **Arsenicum album**

Person feels vulnerable and defenseless especially concerning illness and death. Fastidious individuals who need company for reassurance and support. Diarrhea with vomiting and great weakness, often from cold drinks, fruit, ice cream.

### **Nux vomica**

Competitive, hard working, serious, easy anger and frustration are the emotional attributes of people needing Nux vomica. When work is overwhelming and they push their body too hard, they tend to have cramping pain after eating, constant ineffectual urge for stool, which may alternate with constant diarrhea. Nausea and vomiting after anger.