

# appetite for digestive health information



## Living with IBS?



If you have IBS (irritable bowel syndrome), you are not alone. Over 5 million Canadians are also affected. This is a common gastrointestinal disorder that involves problems with **motility** (how the bowel moves contents through our intestines) and **sensitivity** (how the brain interprets pain sensations in the bowel).

A few fast facts about IBS...

- IBS **does not lead to cancer** or other more serious illnesses.
- IBS affects significantly **more women** than men and can affect anyone from children to elders.
- IBS can cause pain, gas, bloating, fatigue, loss of appetite and nausea.
- IBS symptoms can come and go over time.
- While **food may not be the cause** of IBS, it can make symptoms worse for some people.
- **Stress can have an impact** on symptoms.

Fortunately, IBS is non-life threatening and there are strategies that may help you feel better. Our free education guide can help you manage symptoms, understand treatments and use strategies to help you enjoy life again.

[Start feeling better today](#)

## IBS with Constipation

If you are experiencing IBS symptoms such as stomach discomfort and pain as well as constipation, you could be suffering from Irritable Bowel Syndrome with Constipation (IBS-C). The CDHF recently developed an education guide on **IBS-C** to help you understand this condition and specific treatment options for this syndrome so you can get back to enjoying your life!

[Find Relief Now](#)



# Tame Your Troubled Tummy

Relieving the not-so-pleasant symptoms of IBS can vary from person to person. However, many find relief using the following strategies:

- Eat a high-fibre, low-fat diet, avoid fatty foods, sugary drinks and caffeine.
- Exercise 20-30 minutes at least three times a week to get your body and bowels moving.
- Boost the levels of good bacteria in your gut by consuming probiotics from the Lactobacillus and Bifidobacterium families. These can be found in supplements and some foods.
- Include probiotics found in fermented-foods such as yogurt, kefir and sauerkraut.
- Reduce stress and tension.

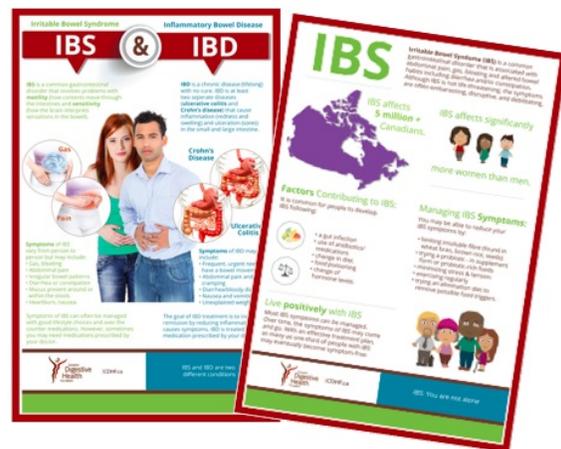
Dr. Stephen Somerton explain IBS, its symptoms, treatment options and living positively with IBS.

[Watch this special CDHF presentation now.](#)

## Want to get fast, fabulous facts to improve your digestive health?

Start pinning information about IBS, IBD, digestive disorders and more from [\*\*Pinterest @CDHFdn\*\*](#)

Simply download and print our infographics then post them on the fridge, pop them in your purse or shopping bag, or share with friends and family.



Our goal here at the CDHF is to empower you with the information you need to live a happy, healthy life.

## Help Us Help You

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Helping you take control of your digestive health with confidence & optimism.

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