

IBS

What Is Irritable Bowel Syndrome (IBS)?

Irritable bowel syndrome is diagnosed based on a number of symptoms, like chronic abdominal pain, bloating, discomfort, and altered bowel movements. IBS has no known cause and is considered a functional gastrointestinal disorder. The condition may cause either constipation or diarrhea, or the two may alternate.

What Causes Irritable Bowel Syndrome (IBS)?

IBS can now be diagnosed based on symptoms alone. Irritable bowel syndrome does not have a determined cause, but it is more likely to occur following a stressful or traumatic life event, infection, or with age.



“I suffered from stomach and bowel problems. I tried tons of other stuff to get relief. Once I started taking Serrapeptase, I felt relief in the first couple of weeks. I’m happy to report that I’m much more “regular” now.”

- C.H. USA



Follow the Health Plan as recommended for the best results:

IRRITABLE BOWEL SYNDROME (IBS) HEALTH PLAN

The following plan is designed to provide relief for the symptoms of IBS (Irritable Bowel Syndrome). When combined with a naturally healthy lifestyle, it's possible for digestive symptoms to improve and for good health to be achieved in the long-term.

*Your 4-8 Week Plan, from my eBook, by Robert Redfern
Supplements to support healthy digestion and organs - in order of priority:*

- [Serranol](#) - Take 2 capsules x 3 times per day, 30 mins before eating a meal with water, and reduce to 1 x 3 after a good relief. Contains SerraEnzyme Serrapeptase, Curcuminx4000, Ecklonia Cava (Seanol) and Vitamin D3. Clears any inflammation, mucus and scarring.
- [Relaxwell \(optional\)](#) - Take 1 capsule x 3 times per day. Improves digestion, relaxes the body and makes stress more manageable.
- [Prescript-Assist - 29 Super Strain Probiotic](#) - This is the next-generation, clinically-proven vegan probiotic supplement. Take 1 capsule x 2 times a day (can be opened and mixed with food) and then for maintenance at the rate of 1 every 3 days. **(See www.Probiotic29.com/studies.)**
- [Essential Digestive Plus](#) - For healthy digestion and absorption. Take 1 capsule as you start your meals, 3 times per day.