

New  
Fully Revised  
Edition!

# Irritable Bowel Syndrome

*and  
the MindBodySpirit  
Connection*

*7 Steps for Living a Healthy Life  
with a Functional Bowel Disorder,  
Crohn's Disease or Colitis*

William B. Salt II, M.D.  
and  
Neil F. Neimark, M.D.

 PARKVIEW  
PUBLISHING

Columbus, Ohio



Parkview Publishing  
P.O. Box 09784  
Columbus, Ohio 43209-0784

### **Credits**

Edited by Joy E. Dickerson

Photography by Susan Salt, except John Lubinsky: 121

Illustrations by Shelley Salt. Also Susan Salt, Annette Aiken and Susan Edison  
Front & back cover photography © 1996 Norman Clevenger

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**MindBodySpirit Connection Series**

ISBN 0-9657038-5-1

LC 2001098483

### **Warning**

This book has been written and published in order to provide people with health information. It cannot serve as a substitute for consultation with a medical doctor. The information in this book is not the same as the practice of medicine and cannot replace or obviate consultation with a physician. The reader can choose, at his/her own risk, to act upon the knowledge and information presented herein. The author and publisher recommend that the reader be aware of his/her health condition and status and consult a physician before beginning any health program, including changes in diet and undertaking an exercise plan.

Publisher's Cataloging-in-Publication Data:

Salt, William Bradley, 1947-

Irritable bowel syndrome and the mindbodyspirit connection : 7 steps for living a healthy life with a functional bowel disorder, Crohn's disease or colitis / William B. Salt II and Neil F. Neimark. — Rev. ed.

p. cm. — (Mindbodyspirit connection series)

Includes bibliographical references and index.

ISBN 0-9657038-5-1

1. Irritable colon—Popular works.

I. Neimark, Neil F. II. Title.

RC862.I77 S35 2002

616.342—dc21

Printed by Malloy Lithographing, Inc.  
Ann Arbor, Michigan, U.S.A.

# Praise

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## Early Tributes for *Irritable Bowel Syndrome and the MindBodySpirit Connection*

“This is by far the best book on the Mind/Body/Spirit connection that I have read in many years. We have all heard the phrase, ‘This book can change your life.’ Well, this book really can. It shows you how to use your symptoms as the passport to a better life—physically, emotionally and spiritually.”

– Joan Borysenko, Ph.D.

Author of *Minding the Body, Mending the Mind* and  
*Inner Peace for Busy People*

“*Irritable Bowel Syndrome and the MindBodySpirit Connection* is must reading for everyone who encounters this common condition—patients, their loved ones, and the health care providers who treat them. Drs. Salt and Neimark have written the definitive healing guide for the millions who suffer from functional bowel problems.”

– Christiane Northrup, M.D.

Author of *Women’s Bodies, Women’s Wisdom* and  
*The Wisdom of Menopause*

“A treasury of information to guide your process of healing.”

– Bernie Siegel, M.D.

Author of *Love, Medicine and Miracles* and *Prescriptions for Living*

“Drs. Salt and Neimark have done a remarkable job in communicating in a clear and concise manner, an understanding of IBS. Through the use of photos and illustrations, and amply referenced, up to date information, the reader can truly begin to acquire the skills to be able to successfully manage this challenging disorder. I will recommend this book to my patients.”

– Douglas A. Drossman, M.D.

Co-Director, UNC Center for Functional GI and Motility Disorder  
University of North Carolina at Chapel Hill

## Recognition, Reviews and Commentary About *Irritable Bowel Syndrome & the Mind-Body/Brain-Gut Connection*

Recommended by Jane Brody, health and science columnist for *The New York Times*

“This is a wonderful resource for millions of people who suffer from some form of this disorder. It is clear, concise, and practical. I will recommend it to my patients.”

– Isadore Rosenfeld, M.D., F.A.C.P., F.A.C.C.

Author of the bestseller, *Dr. Rosenfeld's Guide to Alternative Medicine*

“Avoidance of jargon and a clear writing style geared to a general reading level make the information more accessible to a larger audience than is the case with most consumer health texts in this field. Another plus is the frequent citing of sources and suggested other readings. Salt covers the subject thoroughly, yet his lively, illustrated text escapes the dullness of most works on this subject.”

– *Library Journal*

“Dr. Salt gives so much practical information that is easy to understand and use everyday. I had purchased two other books, but I ended up taking them back because Dr. Salt's book was the best. I have a much better attitude and am better able to cope. THANK YOU!!!!!!”

– Linda Schneider

Patient, Denver, Colorado

“Most of us have a family member or two [or a co-worker] whose quality of life may well improve because of the information in this book. I have a hunch that it will be . . . helpful to many people throughout our country.”

– Tom Carper

Governor and US Senator, State of Delaware

“With a practice limited to women's health, I have found that IBS . . . interferes with the well being of many patients. This text provides a great deal of information, written in understandable language, that will afford significant relief to many. I will recommend it widely.”

– William N. P. Herbert, M.D.

Director, Obstetrics & Gynecology

University of Virginia

“Dr. Salt's new book brings a much needed patient-oriented slant to the understanding and management of this common and perplexing problem.”

– Harrison J. Shull Jr., M.D.

Gastroenterologist, Nashville, Tennessee

# Mission Statement

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*Together We Can Help You Heal*



We inspire and empower people who suffer from pain, symptoms and/or illness to heal and become healthier than ever before. Knowledge can connect you to better health by understanding and accepting the following:

- State-of-the-art scientific medical diagnosis and treatment
- The interrelationship of mind, body and spirit
- Step-by-step guidance that replaces frustration with freedom

In order to achieve our mission, Parkview Publishing provides books, educational materials, resources and a dynamic website,



[www.parkviewpub.com](http://www.parkviewpub.com).

# Background

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## *The MindBodySpirit Connection Series*<sup>®</sup>



Parkview Publishing offers a new language and way of understanding irritable bowel syndrome and other functional symptoms and syndromes. We consider functional symptoms to be MindBodySpirit Symptoms and functional syndromes to be MindBodySpirit Syndromes.

They can both be understood through the interrelationships of mind, body, spirit, environment and society. MindBodySpirit Healing derives from understanding and appreciating the MindBodySpirit Connection, the body's innate healing potential, the individual's responsibility for healing, distinctions between treatment and healing and the power of the patient-doctor relationship. Parkview Publishing is developing a series of books called the MindBodySpirit Connection Series.<sup>®</sup> *Irritable Bowel Syndrome and the MindBodySpirit Connection* is the first book in the series. The second is *Fibromyalgia and the MindBodySpirit Connection*. Other books on functional symptoms and syndromes are under development.

# Dedication

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This book is dedicated to the memory of Dr. Salt's godson, Benjamin Watson Woodruff, born April 27, 1976. Ben was tragically killed in a fire at the Phi Gamma Delta Fraternity house at the University of North Carolina, Chapel Hill, on Mother's Day, May 12, 1996.

To Ben, his sister Molly and his mother and father Bonnie and Leon:  
*We love you. . . . You are never alone.*



## To Ben

I do not remember when we met.  
I guess that's because it was before my memory even began.  
We've shared so many memories, you and I.  
I see us making our drip castles in the sand and  
I feel your arm on mine as we lie side by side on a raft.  
I taste the salt water we've swallowed so many times.  
I hear our laughter as we've grown, and Ben, do I smell our mischief  
    (I know our parents do, too).  
I can almost see you now, today, looking at me with those beautiful,  
    blue eyes, with your hair ruffled.  
Only, I can't *touch* you anymore.  
You've touched so many lives and you'll never be forgotten.  
Because a part of you is with every one of us,  
    just as parts of us are with you.  
So, you see my friend, you are alive as long as we are.  
Though we cannot touch you, we feel you in us  
    in our hearts,  
    in our thoughts,  
    in our actions.  
And having had the chance to even know you was a blessing.  
Because, you, Ben Woodruff, are an angel.  
I love you.

– Shelley Salt

# Acknowledgments

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We thank Susan Salt, our publisher, artist, photographer, illustrator, communicator and all-around creator. This book, and the MindBodySpirit Connection Series®, exist through her dedication and efforts.

Many friends and colleagues contributed their time and talent. We are particularly indebted to Joy Dickerson, our wordsmith, who used expertise, wit and wisdom to help us massage the manuscript into a much tighter, shorter, polished product than we would have ever thought possible. We give sincere thanks to Mary Ann Hopper, our Quark mastermind, for superior perfectionism, unfailing punctuality and a constant, pleasant “can-do” attitude. We also thank Mary Ann for loyal willingness to help with all of Parkview Publishing’s printings, revisions and (now) a new edition, plus layout proficiency with many of our other materials. We are grateful to Shelley Salt, Dr. Salt’s daughter, for her wonderful illustrations. We would also like to express appreciation to Michelle Brunetto, Parkview Publishing’s office manager and our #1 cheerleader, as well as Gal Friday. Betsy Salt deserves our thanks for the Cataloging in Publication research and exacting guidance on the preparation of the copyright page. Ed Season, as always, we appreciate your insight and vision.

We recognize and thank our photographic models: Joe Brunetto, Michelle Brunetto, Connie Callif, Erin Carruthers, Norman Clevenger, Rose Copp, David Edison, Ruth Harris, Bill Jaeger, Debbie Jaeger, Pat Moloney, Anne Montooth, Casey Salt, Shelley Salt, Chris Season, Mark Thurman, Jenny Walsh, Rick Weber, Bill Wright and Bonnie Woodruff.

We are grateful to our wives and children for their support and patience as we struggled with controlling our own allostatic load while creating this work.

And we thank you, our readers; for without your loyalty and support these words would be in vain.



# Dear Reader

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Welcome! Because you've selected our book, we know that you or someone you care about is suffering. We know that you are frustrated and are looking for answers. And we know that you are willing to make a commitment to the exploration of healing.

You've come to the right place! We don't have a simple answer—a pill or potion or quick fix—that will cure irritable bowel syndrome. But, we can offer you a deeper understanding of what causes IBS (and other functional digestive disorders) and how to find significant healing.

The medical field most often treats mind and body as separate. This book not only integrates mind and body, but also adds spirit to your treatment plan. The mind, body and spirit are intimately connected like the ingredients in a loaf of bread. They work together for wellness like flour, water and yeast work together to make a delicious loaf of bread. We will show you how to strengthen these integral ingredients to achieve health and wellness.

Let us help you—as we have helped countless patients—come to peace with your IBS and live a life of greater health, vitality and happiness. We will guide you through *The Seven Steps for Living a Healthy Life* so that you can move from pain to peace, from helplessness to hopefulness and from frustration to freedom.

Sincerely,

*William B. Salt II M.D.*

William B. Salt II, M.D.

*Neil F. Neimark M.D.*

Neil F. Neimark, M.D.

# About the Authors

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## *William B. Salt II, M.D.*



*William B. Salt II, M.D.*, is board-certified in both internal medicine and gastroenterology. He received his M.D. degree from The Ohio State University in Columbus, Ohio, in 1972, where he currently holds an appointment as Clinical Associate Professor in Medicine. He trained for five additional years in internal medicine and gastroenterology at Vanderbilt University Hospitals in Nashville, Tennessee, where he also served as a Chief Resident in Medicine.

Dr. Salt practices with Ohio Gastroenterology Group, Inc., in Columbus, Ohio. He has spent over 24 years caring for patients with digestive and liver diseases and has a special interest in irritable bowel syndrome, as well as other functional disorders. His primary hospital is Mt. Carmel Health, which is a teaching hospital and affiliate of The Ohio State University and where he serves as a chairman of the Continuing Medical Education Committee and as the Educational Director in Gastroenterology. He is actively involved in teaching medical students and residents in medicine, family practice, surgery and obstetrics/gynecology.

Dr. Salt was named “Distinguished Educator of the Year” for the year 2000 by The Ohio State University. He was the first nonfamily practice physician at Mt. Carmel Health to receive the “Family Practice Residency Teacher of the Year” (1995–1996). His students at Mt. Carmel Health also honored him as “Teacher of the Year in Medicine, 1978–1979,” and his peers named him in the fourth listing of The Best Doctors in America<sup>®</sup>.

Dr. Salt is the author of the first edition and coauthor of the revised edition of *Irritable Bowel Syndrome and the MindBodySpirit Connection* and *Fibromyalgia and the MindBodySpirit Connection*, 12 articles in medical journals and one chapter in a book for physicians. He is an international speaker on irritable bowel syndrome and functional bowel disorders and is known and respected by patients and peers alike for his MindBodySpirit approach to physical symptoms.

# About the Authors

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## *Neil F. Neimark, M.D.*

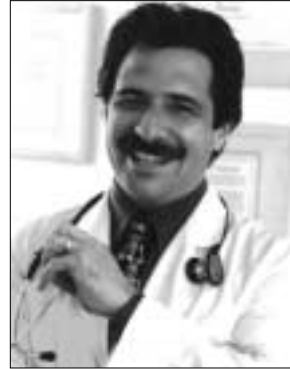
*Neil F. Neimark, M.D.*, a board-certified family physician, attended The Ohio State University College of Medicine where he graduated with honors in 1981 and was elected into the scholastic medical honor society, Alpha Omega Alpha.

While completing his internship, Dr. Neimark became disenchanted with traditional medicine's focus on disease and cure, rather than health and healing. He realized that even with the best of medical care and technology, patients were unable to break out of the cycle of recurring illness. Frustrated with his inability to help patients stay healthy, he began searching out the scientific basis for achieving optimal health and preventing disease.

In 1984, he attended a conference at the Mind/Body Clinic of New England Deaconess Hospital, Harvard Medical School, where he met Herbert Benson, M.D., and Joan Borysenko, Ph.D., pioneers in the field of mind-body health and psychoneuroimmunology. This event gave him a newfound focus, and he finished his residency at Mt. Carmel Health, Columbus, Ohio, and went on to complete a fellowship at The Ohio State University College of Medicine in academic medicine, focusing on the mind-body-spirit connection.

Dr. Neimark now serves as an Assistant Clinical Professor in the Department of Family Practice, University of California, Irvine, where he teaches medical students. He was honored by the Society of the Teachers of Family Medicine in 1986 with the "Resident Teacher Award." He is now in private practice in Irvine, where he successfully applies the principles of mind-body-spirit medicine to help his patients overcome illness and work toward optimal physical, emotional and spiritual health.

Dr. Neimark has authored three audiotapes: 1) *Less Stress Surgery: A Guided Imagery Relaxation Tape*; 2) *The Healing Power of Attitudes and Beliefs*; and 3) *Contacting Your Inner Healer*. Additionally, he is the author of *The Handbook of Journaling: Tools for the Healing of Mind, Body and Spirit*.





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## Icons Used in This Book



The MindBodySpirit Connection is a term coined by Dr. Salt. It's what makes our books unique and what ties them together. This symbol means that mind, body and spirit are one. Any time you see this icon, be ready for a vital reminder that health is an interweaving of these three components.



This little computer lets you know that you can go to our website for more information on the material being discussed. It's pretty easy; just go to [www.parkviewpub.com](http://www.parkviewpub.com) and click on this icon.



You will really only see this icon in the front and back of the book, but we wanted you to know it's our logo for Parkview Publishing. If you go to our website, you'll see it there, too. It symbolizes a place where you can find friendly, reliable help for your MindBodySpirit symptoms and syndromes.