

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

FOR YOU
ADDRESS 120 Elm Street, Anytown, USA DATE Today

LABEL WITH NAME OF MEDICATION

Rx

- Change your life forever.
- Take control of your IBS or other functional GI disorders.
- Know that your symptoms are distressing and disruptive, but not dangerous.
- Discover the mind-body-spirit connection.
- Use the techniques of mind-body-spirit medicine to help you heal.
- Take the "medicine" from these pages and assume responsibility for your health.
- Use your IBS to turn the negative of illness into the positive of health.
- You have the power to heal and be well.
- You can be healthier than you have ever been before.

William B. Salt II M.D.

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REFILLS
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We Have Your Prescription!

Introduction

Your Prescription for Change

You always had it.
You always had the power.
– Glinda, the Good Witch
in *The Wizard of Oz*

By the time you pick up this book, you have probably spent an untold number of days and nights with recurrent abdominal pain and cramping, unexplained bloating, constipation or diarrhea or all of the above. You may have had multiple visits to your family doctor, gastrointestinal specialist, psychologist or even an alternative healer, all with little or no lasting relief. You may have undergone dozens of blood tests, x-rays, endoscopies, CAT scans and biopsies, all showing that there is nothing wrong. If this sounds like you, do not despair; hope can be found here.

IBS is a major public health topic and receives much attention in newspapers, magazines, radio and television. Many people recognize the acronym *IBS* and terms like *spastic colon*, *spastic colitis*, *mucus colitis* and *nervous stomach*. If you suffer from the symptoms of IBS, the most important thing for you to know is that there is hope. Though there is still no cure for IBS, dramatic healing is possible due to new understandings in mind-body-spirit medicine. This new multidisciplinary field of study draws upon the expertise of immunologists, physiologists, research scientists, psychiatrists, psychologists, clergy, neurobiologists, behavioral medicine specialists and others. Due to advances in mind-body-spirit medicine, relief from—and resolution of—many of your symptoms is now within your reach.

From Frustration to Freedom

IBS is a terribly frustrating disorder! It's frustrating because the symptoms are not only painful and unpleasant, but also because they are embarrassing and often occur at inopportune moments. IBS is frustrating because many doctors don't have helpful advice for sufferers and because written material is often unreliable or is presented as a simple treatment (such as a latest, greatest diet). But with the deeper understanding of IBS that we offer, you will be able to achieve dramatic healing and thereby move from frustration to freedom!

What Are Functional Gastrointestinal (GI) Disorders?

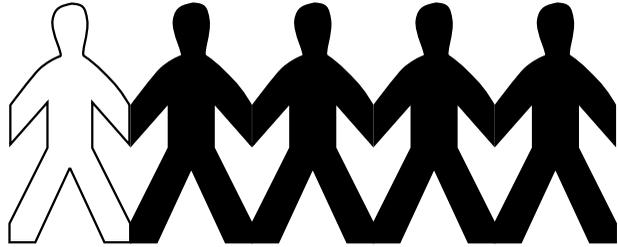
Functional GI disorders are defined as “variable combinations of chronic or recurrent GI symptoms not explained by structural or biochemical abnormalities.” This means that even after performing blood tests, taking x-rays and examining the digestive tract with endoscopy, doctors cannot find a cause for your symptoms.

IBS is the most common functional GI disorder. The symptoms come from the colon and include abdominal pain and bloating, as well as disturbances in defecation (the process of having a bowel movement). These symptoms are diarrhea, constipation and/or alternating constipation and diarrhea. The stool form (bowel movement) is often altered, being lumpy and hard or loose and watery. Other symptoms include straining at having a bowel movement, an urgent need to find a bathroom or a feeling of not having emptied the rectum. Passage of mucus in the stool is also common. The symptoms can be continuous or intermittent.

You Are Not Alone

Functional GI disorders are common and affect approximately 35 million people in the United States. They account for 10% of visits to primary care doctors and at least 40% of visits to gastroenterologists. IBS affects

nearly one out of five people in the United States, from children to the elderly. The average age of onset of IBS is between 20 and 29 years of age. Each year, 2.6 million people seek treatment for symptoms related to functional GI disorders, and visits to physicians total 3.5 million.



IBS Affects One in Five Americans

IBS is a worldwide problem and is prevalent throughout China, the United Kingdom, Australia, New Zealand and Scandinavia. These disorders cost billions of dollars each year in visits to doctors, diagnostic testing and treatments. Furthermore, because IBS is the second leading cause of industrial absenteeism, companies and employers, as well as those who suffer with this disorder, are concerned.

IBS: The Consequences

Some of the consequences for many who suffer with IBS are:

- Reduced sense of health and well-being
- Constant concerns related to the cause and control of the symptoms
- Sense of a loss of control
- Problems with activities of daily living
- Problems with relationships with family, friends and co-workers
- Disability with missed work days

IBS and other functional GI disorders cause symptoms and discomfort ranging from mild and inconvenient to severe and incapacitating. Current evidence shows that many people with IBS lead restricted lives in multiple areas: diet, social activities, energy level and sense of well-being. Unfortunately, traditional medical science has not been able to offer them much relief.

“Irritable Body” and Somatization

Just as the GI tract is unusually sensitive and irritable in patients with IBS, many patients with functional GI disorders also seem to have a sensitive or “irritable body.” This may lead you to experience many of the constellations of bodily symptoms shown in Table 1. As in IBS, most of the time these “irritable body” symptoms cannot be explained by physical examination, blood tests, x-rays, endoscopic examinations or biopsy results. When this happens, we refer to these medically unexplained symptoms as “functional,” “psycho-somatic” or “somatization.” Most often, disturbances in the mind-body-spirit connection account for much of the trouble.

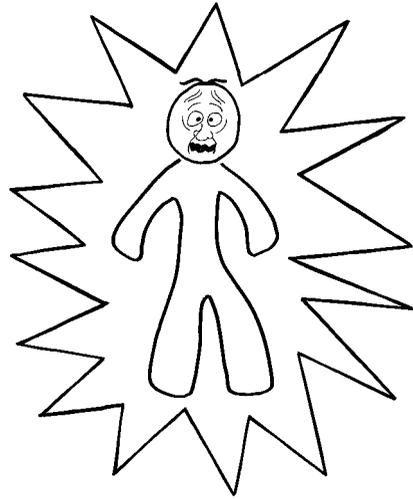


Table 1	
Bodily Symptoms: The “Irritable Body”	
Fatigue and low energy	Insomnia and difficulty sleeping
Headache	TMJ pain (pain in the jaw)
Dizziness	Feeling faint
Chest pain	Shortness of breath
Back pain	Abdominal pain
Painful menstrual periods	Pelvic pain
Bladder problems	Decreased sex drive
Difficulty thinking and concentrating	

Symptoms and Syndromes: “All in Your Head?”

Unfortunately, terms like “functional,” “psychosomatic” and “somatization” are often misconstrued to mean that the symptoms are “all in your head,” phony or imagined. The truth is that the symptoms are very real. In fact, virtually everyone experiences one or more functional symptoms from time to time. Even mind-body medicine researcher and writer Robert Sapolsky reports intermittent disruptive symptoms. He says, “Personally, all the major rites of passage in my life have been marked by pretty impressive cases of the runs a few days before—my bar mitzvah, going away to college, my doctoral defense, proposing marriage, my wedding, the day my wife gave birth to our son.”

However, some people have symptoms that are frequent, constant and severe, and which cause them to consult with doctors. Their symptoms begin to affect every area of their lives. The suffering is enormous. What is going on here? What is the common denominator?

The answer is that the problem is not “all in your head,” but is related to the connection between your mind, body and spirit. The mind, body and spirit act together as a system. A disturbance in one causes disturbances in the other two. They contribute together to your level of wellness. You can think of them as a mobile hanging in delicate balance. When you touch or disturb one arm of a mobile, changes are set in motion that affect every other arm of the mobile. Eventually, you hope, the mobile regains its balance. But, sometimes, in the mind-body-spirit relationship, the disturbance is too much. The mind-body-spirit mobile cannot regain its balance. When that happens, illness occurs. And for some people, that illness is diagnosed as irritable bowel syndrome.

The Mind-Body-Spirit Connection

You will learn in this book that the mind, body and spirit are one. It no longer makes sense to classify problems as either stress/emotional (mind) or physical (body). For example, a physical symptom such as abdominal

cramping may trigger or be triggered by emotional stress. The symptom is the same and still needs treatment. You can see that if you treat only mind or only body you will miss out on opportunities for healing. Furthermore, you will discover why it is essential that the mind-body connection include spirit. Scientific evidence continues to confirm the power of spirit and how affirming beliefs—particularly belief in a higher purpose and a higher power—can contribute significantly to your health. A well-nourished spirit is a great preventive measure for many illnesses.



Mind, body, spirit—each is expressed neurochemically in your body. In this book, you will learn about the neurochemical basis of the mind-body-spirit connection. You will find out how to tap into the innate healing potential of your body and the powerful healing forces of your mind and spirit. Most importantly, you will begin to understand that optimal physical health is only possible in the larger context of your emotional, mental and spiritual health. This is the mind-body-spirit connection. With it, you will discover new ways to achieve relief, growth and healing from your IBS.

Colitis and Inflammatory Bowel Disease (IBD)

The term colitis refers to colon inflammation. It should not be used to refer to IBS because in IBS the colon is not actually inflamed. In IBS, inflammation and other abnormalities in the digestive tract are not present—or at least do not show up on medical tests. However, inflammation is found in several important disorders called inflammatory bowel diseases (IBD). The two types of IBD are ulcerative colitis, which affects

the rectum and colon, and Crohn's disease, which can involve both the colon and the small intestine. Nearly one million Americans suffer from IBD.

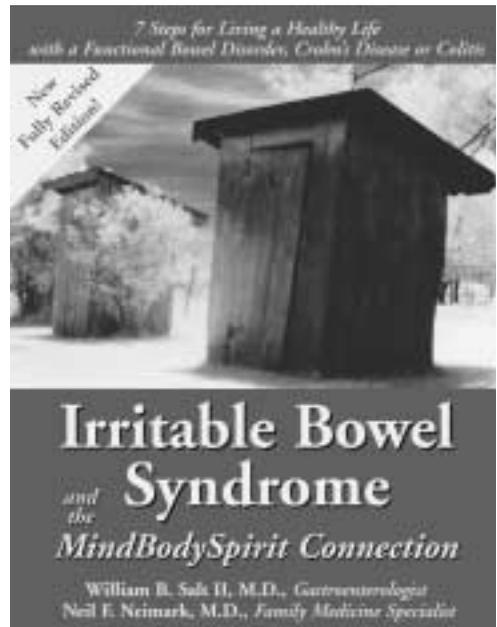
Although the treatments for irritable bowel syndrome and inflammatory bowel diseases differ, many people with IBD can benefit from the recommendations made in this book. Emotional distress and the stress response can activate or aggravate both IBS and IBD. Furthermore, many people with IBD also have IBS, and recognition of this overlap is important in order to avoid unnecessary IBD treatment. The application of IBS management strategies can be helpful in the management of IBD. Inflammation may be quieted, and symptoms may be relieved.

Why a Book about IBS?

New developments in the diagnosis and treatment of IBS and new approaches involving the mind-body-spirit connection have opened up new opportunities for healing. As a board-certified gastroenterologist and a board-certified family practitioner, with more than 45 combined years of experience caring for people with IBS and other functional GI disorders, we will provide you with the information you need.

In addition, new restrictions in “managed care” are making it harder for your doctor to spend time with you. In fact, most doctor visits are now limited to 12 minutes or less! Also, managed care makes it more difficult to gain access to medical specialists because your primary care physician is expected to handle most problems and because some specialists are in short supply.

Due to these changes in medicine, you must assume more responsibility for the management of your health care. You will need accurate





Step-by-Step to Recovery

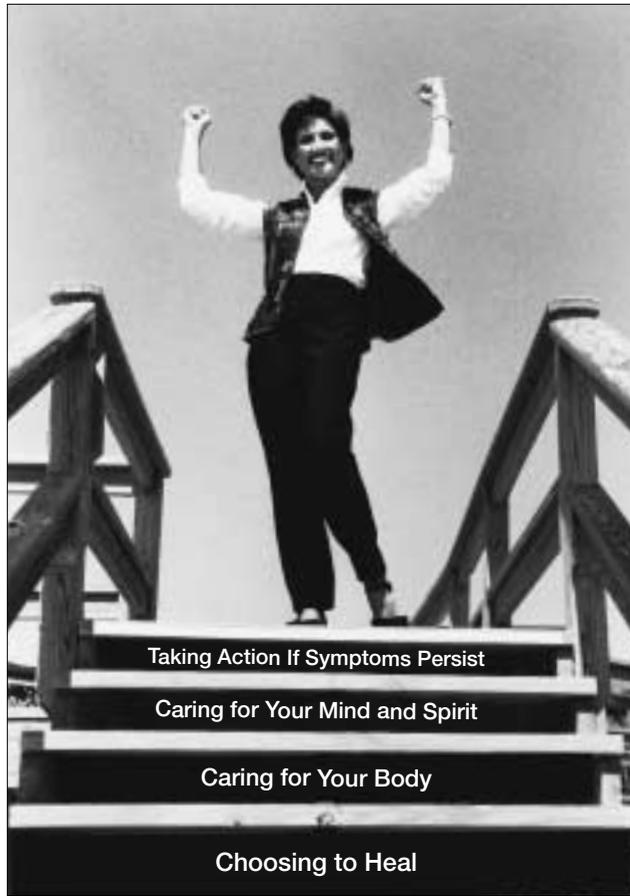
and reliable information. With *Irritable Bowel Syndrome and the MindBodySpirit Connection*, sufferers are finally offered a step-by-step program that leads to a road of recovery.

You Can Heal!

You are stronger than you think and have more control over your body than you ever realized. The goal of this book is to help you

recognize and use the various tools available to tap into your body's powerful ability to heal. Not only can you heal from IBS, but you can turn the negative of your illness into the positive of health and wellness. You can use your diagnosis of IBS to activate the mind-body-spirit connection and become healthier than ever before. The seven steps that you will take are listed in Table 2.

Table 2
7 Steps for Living a Healthy Life with IBS
<ol style="list-style-type: none">1. Connecting Your Mind, Body and Spirit2. Understanding the Neurobiology of the MindBodySpirit Connection3. Focusing on IBS4. Choosing to Heal5. Caring for Your Body6. Caring for Your Mind and Spirit7. Taking Action If Symptoms Persist



Focus on the power of your mind rather than on the pain of your digestive symptoms. Use the diagnosis of IBS to realize your ability to heal through mind-body-spirit medicine and become healthier than ever before.

Welcome to wellness!

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