

## Homeopathy to Help Treat Irritable Bowel Syndrome

Irritable bowel syndrome, which is also known as spastic colon, is a medical condition that is categorized as a functional bowel disorder. Irritable bowel syndrome is usually characterized by discomfort, abdominal pain, bloating and discomfort. There are many different things that can cause irritable bowel syndrome, including stress, infection and poor diet.

Homeopathy, which is a form of alternative medicine, is often used to help treat the specific symptoms of irritable bowel syndrome. Homeopathic medicines should be selected based on the specific symptoms of irritable bowel syndrome, which is why they can be so effective.

### **Arsenicum Album and Magnesia Phosphorica for Irritable Bowel Syndrome**

Arsenicum album is a homeopathic medicine that works best for irritable bowel syndrome that is characterized with a burning-like pain and diarrhea that is accompanied with restlessness and anxiety. People that will benefit from arsenicum album tend to suffer from constant chills and feel relief when they drink warm beverages such as tea.

Magnesia phosphorica is a homeopathic remedy that works best for those with irritable bowel syndrome that is characterized by abdominal cramping and frequent muscle spasms. These symptoms are usually relieved with warm drinks and warm applications to the affected area.

### **Natrum Carbonicum and Sulphur for Irritable Bowel Syndrome**

Natrum carbonicum is a homeopathic medicine that works best for irritable bowel syndrome that is characterized by indigestion and heartburn. Natrum carbonicum works best for those with food allergies that play a factor in their irritable bowel syndrome or is one of the causes of their irritable bowel syndrome. People that will benefit from natrum carbonica tend to crave sweets or dairy products.

Sulphur is a homeopathic remedy that works best for irritable bowel syndrome that is characterized by diarrhea in the early morning, or diarrhea that occurs throughout the day. Sulphur also works well for those with irritable bowel syndrome that is accompanied with a foul smelling gas that has a rotten egg smell to it. Sulphur also works well if the rectum is itchy and irritated or has a burning sensation in the area. People that will benefit from sulphur tend to crave spicy foods, alcohol or sweets.

Many people choose to pick their own homeopathic remedies, but it is always best to visit a licensed homeopath. Homeopaths have an in depth knowledge of homeopathic remedies and can help select the best homeopathic remedy for individuals.

Source :

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