



How To Beat IBS

& Never Worry About Digestive Problems Again!

IBS | **Treatment Center[®]**

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STOP READING!

Before you go any further, you need to know **WHO** this eBook is for.

There are **two** types of people that will benefit most from reading this:



those who suspect that they have IBS or have recently been diagnosed with IBS, and are trying to find a solution

and



those who have already seen a ton of doctors, had lots of tests, tried various diets, taken medications and supplements... and nothing seems to work well



No matter which of these categories you fall into, I will teach you how to effectively manage the painful side effects that come with IBS. I can also guarantee that by reading this eBook you will save a TON of time and energy avoiding things that **just don't work**. Now, let's get started!

So... what is IBS?

Anyone who has chronic problems with **one or more** of the following symptoms (and has ruled out other serious medical issues), probably has IBS. **Note:** the symptoms can be constant or come and go in 'flare ups'.



**Abdominal
pain**



Diarrhea
(urgent or
otherwise)



**Gas or
bloating**



Constipation
(or incomplete
bowel movements)

One of my favorite pieces of information to share is something that you may have been told was impossible; **IBS CAN BE SOLVED!**

If you want to regain control of your digestive system (and your life), there are **three important secrets** you need to know. Lucky for you, I'm about to share those secrets!

SECRET #1

Doctors Aren't Taught How to Help People with IBS

IBS is the most common digestive problem in the world – affecting more than 10% of people in the U.S. – and yet doctors learn almost nothing about it in medical school. No matter how smart they are, or how caring they are, they don't have the training to help you. Why is this?

First, **the medical system is a business**, and the money is in ruling out more life-threatening conditions; their priority is making sure you aren't going to die. Doctors are really good at that!

After that, it's mostly in your hands.



Second, **doctors don't run this business.**

They are employees of the medical system. The medical system is run by big pharma and the insurance industry.



Like all businesses, the primary mission of the medical system is to make money.

Unfortunately, the business of IBS is mostly about selling medications (to the tune of approximately \$1 billion per year!!). If they cured IBS, they would lose out on a **LOT** of money.

When you have a doctor who is primarily focused on simply treating your symptoms, you will be destined for disappointment. Just like many conditions, if you don't address the root cause, you will only ever get ineffective and short term results, at best. It will feel impossible to get your IBS under control.

SECRET #2

People with IBS Can and Do Get Better, If They Choose A New Path

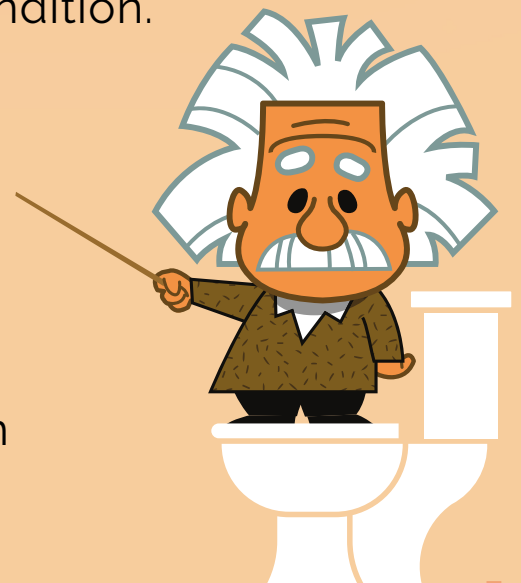
Those who suffer with IBS (abdominal pain, diarrhea, constipation, gas or bloating), routinely get better - but not if they keep going to the same type of doctors, including gastroenterologists. No matter how smart they are or how impressive the name of their medical school, the training was the same. Their expertise is in other things, but not in IBS.

A super smart guy once said that doing the same thing over and over again and expecting different results is the definition of insanity. That guy was Albert Einstein. So why do doctors do this when treating IBS?

The symptoms of IBS are so varied that it can be difficult to diagnose. On top of that, there are hundreds of factors that contribute to the progression of this condition.

This is why **identifying your specific triggers is essential.**

If you identify what they are, you can put actionable steps into place, and alleviate your symptoms is quicker than you'd think!



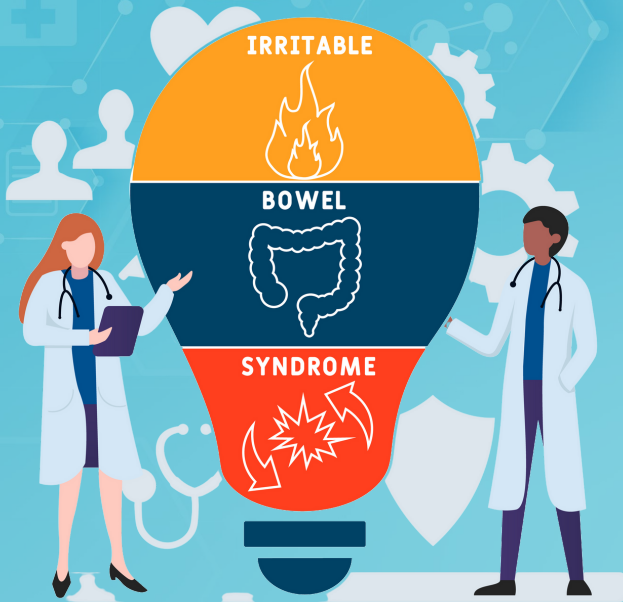
SECRET #3

There are Doctors who can Help Called IBS Specialists

It's true! These doctors will work with you to find out what is causing your IBS and then will help you get it addressed. They are not gastroenterologists, internists, PCP, or anything else; they specialize only in IBS. They understand and respect that **IBS is complex and requires very specialized care.**

If you are reading this eBook, chances are you've been dealing with doctors who specialize in related fields, but are not specifically IBS experts.

For example, you can't see IBS (nor can you treat it) from the colonoscopy done by your gastroenterologist.



If you don't have the right doctor working with you, you're unlikely to find effective solutions. The better your doctor understands IBS, the better they can help you successfully treat and manage it.

Cause & Impact of IBS



Solving IBS is about putting together a complex puzzle, and every piece in that puzzle is very important. The more pieces you have, the better chance you'll have to solve your IBS!

Studies have shown that 70% of your immune system is in your digestive tract. They also show that your gut has a vast neurological system and is literally the **second brain** in your body. We also know that your digestive system is an entirely separate ecosystem (known as a microbiome) of bacteria, other microorganisms, enzymes, acid, nutrients, prebiotics and fiber.

All of these factors combined make for the most unique and diverse environment on earth: **your digestive tract!** This also happens to be the most complex and underappreciated part of your body. All of this is discussed in the following pages that will outline the main causes and contributing factors of IBS.

Food Reactions

Everyone with IBS wants to know what they can and cannot eat. One key to finding this out is having an extensive understanding of the three major types of food reactions: allergies, intolerances, and sensitivities. This is another subject that is surprisingly lacking in medical school. Believe it or not, your doctor (including your gastroenterologist) doesn't know much more about these than you do.

A food **allergy** involves the immune system and is triggered by a protein in a food - for example, the protein in peanuts is what can cause a severe allergic reaction. Food allergies are defined by symptoms. If you have an anaphylactic reaction, get hives, eczema, itchy eyes or a runny nose, then it is considered a food allergy.

A food **intolerance** can also involve the immune system, but they are far more complex. Intolerances can cause symptoms ranging from sinusitis to headaches, joint pain, fatigue, skin problems, weight gain/loss, diarrhea, abdominal pain, and even constipation. They can be immune reactions, such as in a gluten intolerance, or they can be due to an enzyme deficiency, such as in lactose intolerance.

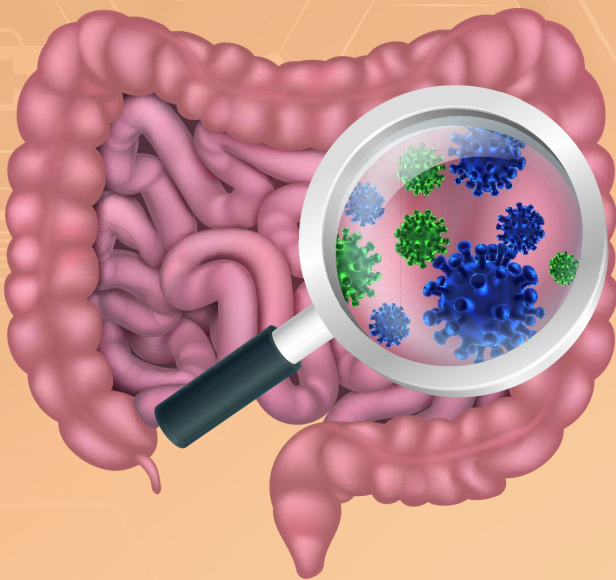
A food **sensitivity** differs from an allergy or intolerance in that they are more difficult to measure; they may not be triggered by the immune system or an enzyme deficiency. Sensitivities can be caused by imbalances in the digestive ecosystem, or by unknown mechanisms, such as intolerances to spicy foods.

Food reactions can cause gastrointestinal symptoms ranging from mild discomfort to severe illness. Depending on the severity of symptoms you experience, they can be hugely disruptive to your life. They are however, identifiable (and therefore manageable)! And each is treated differently.



Imbalanced microbiome

Your microbiome is the collection of microbes that live in and on your body. These include bacteria, fungi and viruses. There are approximately 100 trillion microbes in your digestive tract, 100 times more cells than human cells in your body! The majority (99% or more) of these creatures are beneficial and perform important functions like maintaining a strong immune system and helping to digest food.



This is why many people with IBS experience constipation AND diarrhea at the same time. The end result is bloating, gas, pain, abdominal spasms and other debilitating symptoms.

You need to know exactly what kinds of organisms you have in your microbiome, and at what levels. Breath tests, which are popular for diagnosing bacterial overgrowths, do not provide enough detail to solve IBS.

Leaky Gut vs IBS

There is a lot of confusion about the differences between IBS and leaky gut syndrome. People live in fear that they have one or the other, but do not realize that leaky gut syndrome may be a secondary condition to IBS. If you have been diagnosed with IBS, then you need to know the facts about leaky gut syndrome and whether or not it is a cause or a symptom of IBS. It can be either.

Treating leaky gut when it is a symptom of IBS is useless. This is one of the many reasons it is so important to work with a doctor who specialized in IBS, so you can be sure you're not only treating the right condition, but that you're treating it in the best way possible.

Inflammation

Do you feel inflamed, even though it never shows up on tests? One of the major causes of IBS is inflammation. Inflammation can be caused by infections, food allergies, food intolerances, food sensitivities, bacterial imbalances, fungi, parasites, enzyme deficiencies, or even stress.

Most of the time it doesn't show up on regular testing. It also usually doesn't show up on a colonoscopy, because it's at the microscopic level. Inflammation is the body's way of trying to heal something.

However, it also causes a lot of unwanted side effects, such as pain. And if you try to treat inflammation without addressing the cause of the inflammation, then you're only treating the symptom and the inflammation will never truly go away.

Inflammation also affects the way you digest your food. This is another reason IBS patients can have diarrhea or constipation. You must get proper treatment for the cause of the inflammation first. That is the only way to get rid of inflammation long term.

The Gut-Brain Connection

The gut-brain connection is complex and often misunderstood. The gut contains its own nervous system that's connected to the brain via the vagus nerve. When you feel stressed, there's also a good chance that your digestive system will suffer. But it's a two way street. When your gut is stressed, then your brain suffers.

When we're stressed, we produce more cortisol (the so-called "stress hormone"), known for its negative effects on digestion. There is a part of the brain called the **enteric nervous system** that regulates digestion and has receptors for neurotransmitters (such as serotonin and dopamine). With IBS, stress can upset your digestive balance and cause symptoms like abdominal pain and diarrhea. Alternatively (or additionally) it can cause constipation, excessive bloating and gas.

Keep in mind that most people with stress don't suffer from digestive problems. Other factors have to be affecting and weakening your digestive tract in addition to stress; then the stress "piles on" and essentially pushes you over the edge. It's rare that stress is the fundamental underlying cause of IBS or digestive problems.

However, **it's not rare for IBS to be causing a lot of stress**. IBS can be tremendously disruptive to your life, affecting virtually everything that you do (or wish you could do). That's why it's important to address the entire picture of IBS and **not just blame stress**. It's a two-way street, and it's primarily going in the direction opposite to what most people think.

The cost of not treating your IBS the right way

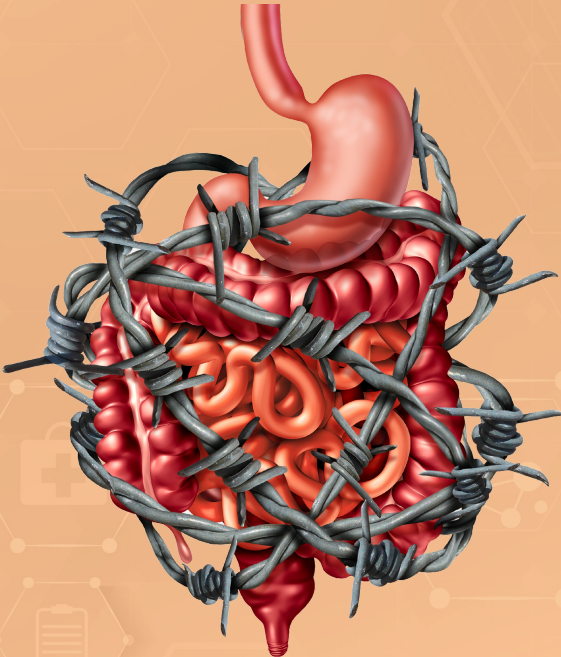
IBS can be devastating because the effects are both uncomfortable and unpredictable. When you don't treat it properly, it can affect your life in two main ways:

the symptoms & their impact

As you've already seen in this eBook (and/or in your every day life), the symptoms related to IBS can be painful, uncomfortable and embarrassing. They also range significantly from person to person in severity as well as length of time. The symptoms that span across most individuals with IBS include abdominal pain, urgent diarrhea, as well as the frustration and discomfort of constipation, gas and bloating.

People who experience the first two symptoms listed above are usually more likely to take action, because they tend to be the most disruptive to everyday life. Others may classify their symptoms as 'manageable' or 'just the way it is', and may not take action, just being grateful that things could be much worse.

The second factor (and arguably the most important), is how the symptoms associated with IBS **impact your life**. The symptoms themselves can be maddening, but the impact they have on your daily life tend to be far more difficult to manage.



I dealt with IBS for over a decade, and there is no doubt it had an effect on my life.

I spent a lot of time and energy worrying about when I was going to have a flare up, and worrying about whether or not I was going to be able to get through my everyday responsibilities.

This can happen whether or not you've had an IBS attack in public; it's the thought of the mere possibility that can be extremely stressful.

Several studies have been done to try and understand the impact IBS has on a person's life. The results revealed that the disruption on our lives can be as bad as the symptoms themselves. It is important to remember that solving IBS isn't just about getting rid of the symptoms, it's about getting your life back.

The Ultimate Goals for Managing IBS



Sound too good to be true? **I can assure you, it's not!**

Can you really live a normal life with IBS?

Yes, yes... a thousand times **YES!** If you were getting your car repaired and the mechanic couldn't fix it, you wouldn't just give up and say it's impossible; you would find someone who could repair it. **We need to treat our health (IBS) the same way.**

You can get across the **Grand IBS Canyon**, and go:

FROM THIS



TO THIS

Abdominal pain

No Pain

Urgent Diarrhea

Well-Formed Stools,
Without Urgency

Constipation

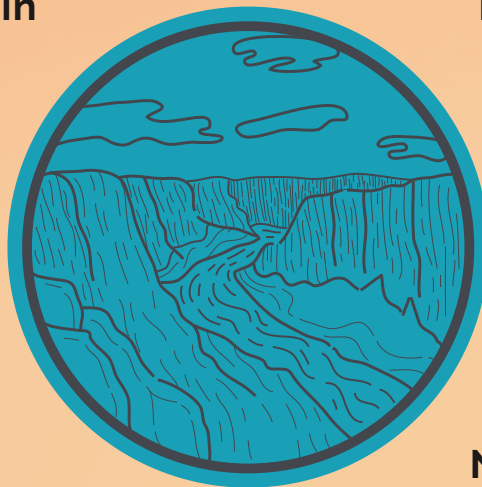
Complete Evacuation
with No Straining

Gas & Bloating

No bloating, Minimal Gas

Planning Your Life
Around Your Symptoms

Planning Your Life on
Your Terms



So who the heck am I, and how can I help?!

I am the IBS doctor; the poop doctor (or the no poop doctor, depending on what type of IBS you have and how young your kids are).



More formally, I'm **Dr. Stephen Wangen**, founder and medical director of the IBS Treatment Center. I had IBS a long time ago, and later discovered that I had a talent for treating IBS **and** teaching doctors how to treat IBS.

But, why am I the **BEST** person to help you?

Unlike many doctors and specialists who treat IBS, I actually had IBS myself. I know the symptoms and their impact first hand,

At least from an early teenager, I had gnawing abdominal pain all the time, urgent diarrhea, smelly farts, bloating like crazy, alternating with periods of constipation. Is this TMI for you? Maybe, but it is the reality of this condition! Like many others, I just put up with it. I didn't even know that I was different, because when I went to doctors they would say that nothing was wrong and that nothing could be done. **NOTHING!**

I tried all of the popular 'solutions' and 'remedies'; IBS diets, natural supplements, medications, colonoscopies. None of it worked. Nothing helped. No solution lasted long term. Sound familiar?

I was depressed, I felt hopeless and helpless. Doctors were telling me there was nothing I could do to solve my problem. But I did not want to accept that lack of a solution.

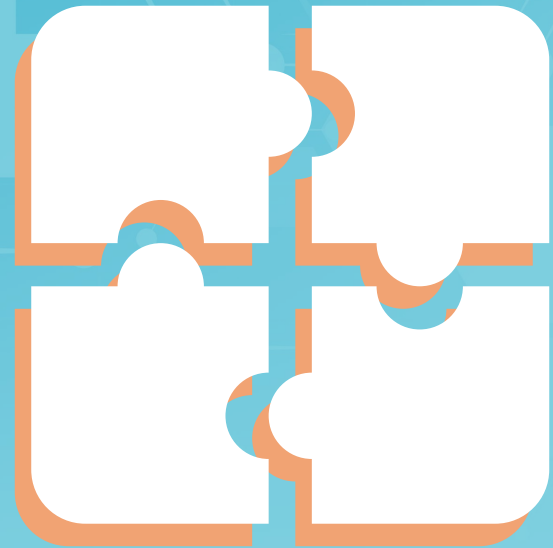
I decided I needed to advocate for myself. I started out by getting my bachelor's degree in biology, which took 4 years. Then off I went to medical school. I studied, A LOT (14 hours a day for another 4 years). My studies included Biochemistry, Physiology, Anatomy, Microbiology, Pathology, Immunology, Neurology, Pharmacology, Psychology, and Gastroenterology, of course. This is when I learned Secret #1, mentioned previously, that they really don't teach doctors what they need to know about IBS in medical school. I couldn't let that stop me. I was on a mission.

I read thousands of medical studies that I hadn't been exposed to in school. I talked directly with researchers. I ran every lab test I could find (which included hundreds that I wasn't taught in medical school). I visited labs, and sent split samples (specimens) to labs to test the quality control at the labs. I visited supplement companies, used hundreds of different supplements, and even created many of my own supplements when I couldn't find what I wanted!

BUT it was all worth it, because 25 years ago I CURED my IBS. Once I did that, it became a core value and purpose of my life to help others do the same.

16 years ago when I started the IBS Treatment Center we didn't have any patients. All I had was a lot of debt. I took my life savings and put it into the clinic with one main goal in mind: to help treat the individual, not the illness.

Every IBS patient is different. This means each person requires a different treatment approach. This is why the products you've tried that worked for someone else didn't work as well for you. It's why the IBS diet you read about didn't solve your IBS.



You need a very comprehensive approach that customizes a treatment specific to you; not a one-size-fits all approach. Up till now your doctors have been experts in other things, but IBS Specialists know **all of the things** that you need to put together the pieces in your IBS puzzle.

Since 2005 we've helped over **10,000 people** with IBS. So, let me ask you a question: in this eBook you've learned that

- doctors don't learn how to solve IBS in medical school
- people have gotten better from IBS when they choose a different approach
- there are doctors who specialize in solving IBS and helping people just like you

With all that said, do you think you could be successful in getting over of your IBS, or at least managing it better?

Whether you answer yes or no, I'd like to introduce you to my **Comprehensive IBS Treatment Program!**

With this program, you get a **World Class IBS Team** (the awesome people you saw in the image 4 pages earlier)! I have an amazing team, and we take IBS very seriously. We are on a mission is to eliminate IBS from the world!

You get the most comprehensive and most successful IBS treatment available anywhere. The IBS Treatment Center has been doing one thing, and only one thing for the past 16 years: helping thousands of IBS sufferers get their lives back.

We don't just treat the symptoms, we treat the cause.

The IBS Treatment Center's Comprehensive Program:

But wait, there's **MORE!** When you work with our IBS team, you get:

Gut inflammation testing

Comprehensive DNA testing of your microbiome, including bacterial overgrowths, candida, parasites, and even viruses.

Probiotic level testing

Testing to differentiate your food allergies, food intolerances, and food sensitivities

Enzyme level testing

An IBS specialist for 4 months/4 long visits to help you understand and effectively treat the root cause.

A personal IBS nutritionist to help you implement everything you learn into your daily routine.

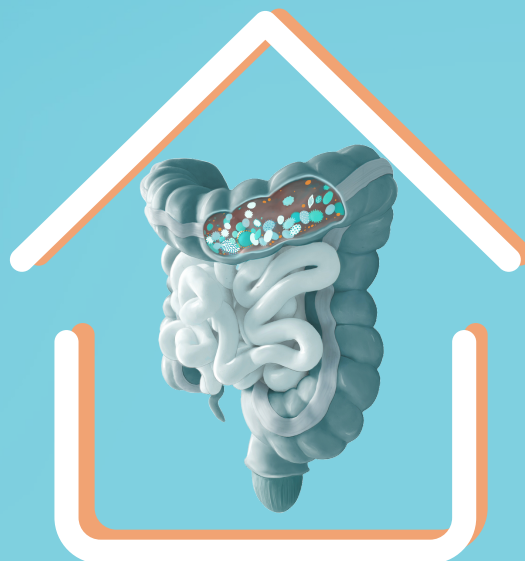
But I haven't told you the best part yet:

**You can get ALL of these things
from the comfort of your own
home!**

(Or not. You can come in person too. Your choice!)

It's true! **So, how does it work?**

- You don't have to leave your house to see an IBS Specialist
- Participate in Zoom consultations (or telephone) that you can access from anywhere.
- Collect samples at home.
- Get the same success as coming in person!
- Save a LOT of money on travel and missed work



But, don't take my word for it, hear about it from our past clients!

“

I had severe pain and anxiety for 4 years and it absolutely ruined my life. I couldn't function at all and struggled to get to work every morning. I was skeptical and scared and frustrated, but I took a leap of faith. I highly recommend you contact the IBS Treatment Center – they can help you.

- L. Golan, California

“

My friends, family and local docs are all amazed and somewhat in awe... When I think back to how miserable my life was before seeing you guys and how limited I was in considering future plans, I get a bit emotional just thinking about it all.

- Susan, Colorado

A blue double quote icon inside an orange hexagon.

I am a 44-year-old that has had digestive issues for the majority of my life. Always embarrassed to leave my home, and if I did I needed to map where I could stop to use the restroom. We have some great world-renowned hospitals here. I went through every hospital and doctor. If you have suffered like me, do not hesitate to contact the IBS Treatment Center! I am now able to go out with my family without fear of getting sick and I finally have my life back. Thank you, IBS Treatment Center!

- Joe, Illinois

A blue double quote icon inside an orange hexagon.

Absolutely phenomenal! I spread your company's name wherever I go. Best Treatment Center I could have ever dreamed of. AWESOME!! You have given me much of my life back!!! Thank you! Thank you!

- Dennis Spencer, Couer D' Alene, Idaho

It's time to get your life back on track, and find an effective solution that actually LASTS long term.

And, before you say “**but I’ve already seen lots of doctors and had lots of tests. I’m going to be a really tough case.**” Please know, that we love tough cases!

You can't pour from an empty cup, and you can't function at optimal levels if your gut is out of whack. Don't lose another day worrying about your IBS.

Prioritize yourself, prioritize your health. You won't regret it.

Your next step is to attend my **FREE** Webinar on Solving IBS to Learn More!

[Register Here!](#)



**Get Your Life Back from IBS Now!
Register for My Free Webinar [HERE!](#)**

**During the webinar I will answer your
questions and give you more details
about our program.**

You won't want to miss it!

Register Now!

<https://webinar.ibstreatmentcenter.com/register>

IBS

**Treatment
Center®**





**It is health that is real
wealth and not pieces
of gold and silver.**

- Mahatma Ghandi -

