

Irritable bowel syndrome (IBS) is a functional gastrointestinal disorder of the large intestine characterized by symptoms of abdominal pain or cramping, changes in bowel movements including diarrhea, constipation, or both, bloating, gas, and whitish mucus in the stool. IBS is a disorder of the enteric nervous system, one of the main divisions of the autonomic nervous system, which governs the function of gastrointestinal tract including muscle contractions in the bowel, ion secretion and absorption, and gastrointestinal blood flow. There are three different forms of IBS consisting of diarrhea-predominant (D-IBS), constipation-predominant (C-IBS), and alternating constipation and diarrhea (A-IBS).

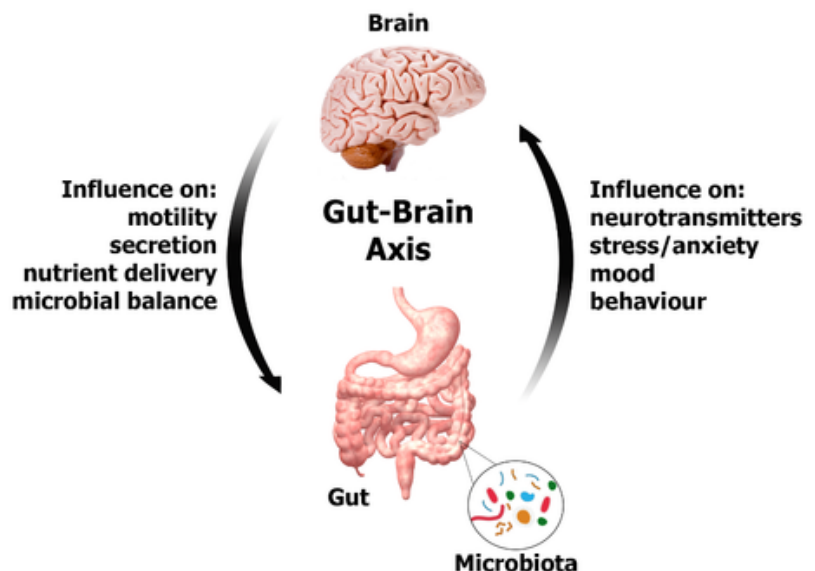
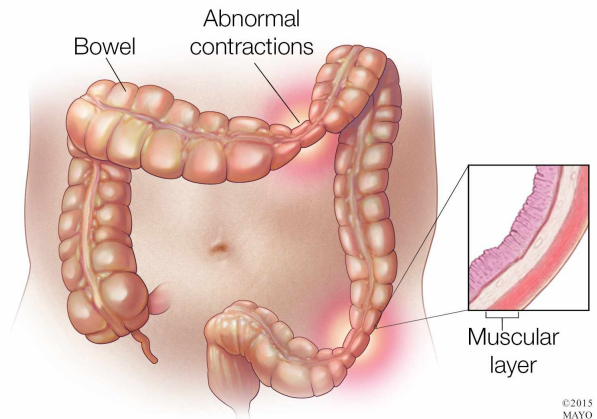
The cause of IBS is not fully understood but researchers believe there are many factors that can contribute to the development of the condition. These include stress, depression, anxiety, bacterial infections in the digestive tract, small intestinal bacterial overgrowth (SIBO), and food intolerances or sensitivities.

In both animal and human studies, stress has been shown as a trigger for IBS. The stress can be anything that stimulates the GI tract including mental stress, physical stress, or diet changes. In IBS patients, there is also an increased response of the enteric nerve to these stressors. Visceral hypersensitivity is a character trait in IBS patients which amplifies sensory signals that come from the gut at brain and spinal cord level. The nerve pathways in the GI tract

become sensitized to stimulation, resulting in over-reactivity and pain amplification. Such hypersensitivity may be linked to hepatic injury and metabolic syndromes. A research involved with 83 IBS patients and 260 healthy controls has shown that the anthropometric parameters (body mass index, waist circumference), liver enzymes (alanine aminotransferase (ALT) gamma-glutamyl transferase (γ -GT)) and lipid levels are significantly higher in patients with IBS compared to control subjects. A poorly functioning liver is unable to remove toxins from the blood. When the toxins build up in the blood, they can affect the function of the nervous systems. The liver is an important organ that participates in lipid metabolism and helps to maintain the structure of the nervous system. Reduced liver function can also affect the repairmen of the entire nervous system causing the hypersensitivity of the enteric nervous system as well as the brain and spinal cord.

Bacterial infections of the GI tract or SIBO is another major causing factor to the IBS. A statistical study showed that among the examined IBS patients, 84% of them had SIBO. 66% of children diagnosed with IBS have SIBO. In SIBO or bacterial infections of the GI tract, the microbiome balance can become altered. Intestinal pathogenic or unfriendly bacterium and bacterial toxins can affect the enteric neural function leading to disruptions in the coordinated rhythm of the intestinal muscles that contract and relax as food moves through.

Although there are three main forms of IBS, there is also what is known as post-infectious IBS (PI-IBS) which results after a case of gastroenteritis. There are many studies that show a similarity between PI-IBS and D-IBS. A study done on patients with D-IBS, PI-IBS, and healthy controls found that the fecal microbiota differed greatly between healthy controls and IBS patients. Surprisingly, the microbial dysbiosis of D-IBS and PI-IBS patients



did not differ leading to the conclusion that these conditions may share a similar pathophysiology. In regards to microbiome dysfunction leading to IBS, a study was done in rodent models with PI-IBS in which after being given probiotics showed modulation in visceral hypersensitivity and muscle hyper-contractibility. This suggests that the GI microbiota can influence the development of IBS.

Food hypersensitivity may also be one of the causes of IBS. Food sensitivities typically come on due to an altered epithelial permeability, otherwise known as leaky gut. Multiple studies have shown increased levels of both small and large intestine permeability in IBS patient regardless of the sub-type. Leaky gut allows an increased antigen load entering through the intestinal epithelium. Underneath the intestinal epithelium, there are a variety of immune cells, including B cells, T cells, neutrophils and dendritic cells (DCs) which are antigen-presenting cells. Binding of the antigens with dendritic cells results in the activation of B lymphocytes to produce IgE/IgG antibodies and cytokines. Acute stress can increase the release of mast cells and eosinophil activation which also leads to the release of multiple chemical mediators. Together, these pathways may lead to altered gut function, minor inflammation or autoimmunity, and abnormal mucosal sensitivity seen in IBS patients. Leaky gut also allows bacteria and viruses to pass through the epithelium that can irritate the enteric nerves causing abnormal smooth muscle contraction leading to chronic diarrhea or constipation.

Wellness Recommendation

The wellness recommendation for IBS depends on the co-existing condition or cause of IBS. In all cases Luna is recommended to improve enteric nerve function through nurturing the small intestine yin. Luna helps to restore normal function of the small intestine to aid in regulation of bowel movements. Luna also helps to relive disturbances of brain activity to the enteric nervous system due to stress, anxiety, and insomnia. The herbal ingredients in Luna also help to lubricate and moisten the GI tract to relive constipation in C-IBS patients.

Enteric Nerve Hypersensitivity

For IBS patients who also have poor stress tolerance and compromised liver function with symptoms of anxiety and depression, Brown and LC Balancer are recommended in addition to Luna. These products help repair liver damage and improve liver function to restore liver enzyme and lipid levels to the normal range. The improved liver health will further help improve the nervous systems structure and function and reduce the hypersensitivity of the enteric nervous system. Patients can experience symptom improvement in 3 days. 2-3 weeks of treatment is required for significant improvement and sustained results.

SIBO

For IBS patients who also suffer from SIBO, Probiosis, PA, and Whitehead are recommended in addition to Luna. These products help to reduce intestinal inflammation caused by the bacteria as well as eliminate the pathogenic bacteria to clear the microbial infection and bacterial toxins within the gut. PA clears inflammation, infection, and bacterial overgrowth in the pancreas and small intestine. PA is especially helpful for patients with C-IBS. Whitehead clears inflammation, pathogenic microbes, and bacterial overgrowth in the large intestine. Whitehead is especially helpful for patients with D-IBS. Probiosis is a combination of twelve different herbal ingredients that exhibit antibacterial properties to suppress and inhibit the growth of pathogenic bacteria in the gut and help restore the normal balance of the gut microbiome. Patients can experience symptom improvement in 3 days. 2-3 weeks of treatment is required for significant improvement and sustained results.

Food Allergies and Leaky Gut

The toxins secreted by pathogenic microbes can irritate the GI lining and disrupt its structure allowing for germs and food allergens to enter into the bloodstream causing further gut degeneration. The recommendation for patients with IBS and food allergies or leaky gut includes Spring Capsule, SJ, Formula B, and Probiosis in addition to Luna. Together these products help to restore acid production as well as intestinal flora. After 3-4 weeks of the protocol, Formula C, Pearl, and Brown are recommended for another 3-4 weeks. Formula C helps to restore the connective tissue within the lining of the gut to close it off from unwanted microbes passing through. Pearl improves blood flow to the small intestine to improve function and repair structural damage. Brown helps to clear liver congestion caused by leaky gut and restores the livers detoxification capability.

Selected Case Studies

Case 1: Successful Resolution of Dysbiosis, with Improvements in ADD, Insomnia, and Anxiety Symptoms

Dr. Linda Moore, New Port Richey, FL

A 20-year-old patient had been diagnosed by Dr. Linda Moore with dysbiosis, with symptoms of diarrhea, constipation, and acid reflux as well as stomach discomfort. Dr. Moore recommended that the patient start with a GI treatment involving Wei Labs' products Luna and Probiosis. Luna was recommended to nurture the small intestine and the Probiosis in order to restore the healthy intestinal flora in the patient's gut by suppressing the growth of any pathogenic bacteria, fungi, or viruses. The results were remarkable; the patient reported completely normalized bowel movements within 1 week; in addition, their stomach discomfort, acid reflux, and bloating issues had also been completely resolved. Furthermore, the patient also noticed a great increase in sleep quality as well as a significant improvement in anxiety and ADD symptoms since the patient had been previously struggling with these issues. The patient is much happier and healthier, and is continuing treatment every so often for maintenance.

Case 2: Successful Resolution of IBS and Chronic Diarrhea

Gregory Lind, DC Milpitas, CA

A 23-year-old male college student had chronic diarrhea for the most part of his life. He frequently suffered from debilitating pain in the lower left side of the abdomen and frequently had black stools. 3 months prior to treatment, he contracted the flu and had explosive diarrhea with fresh blood in his stool. The flu was gone after a week, but his diarrhea has been more severe since. The MD suspected he may have had ulcers in the colon. Herbal treatment consisting of Colitagen, to heal the ulcers in the colon, and WhiteHead, to reduce inflammation and infection, was recommended. After 3 days of treatment the abdominal pain and diarrhea had subsided. The patient continued with 4 more weeks of treatment to achieve sustained results.

After the fourth week of the protocol the abdominal pain returned. It seemed that the colon was affected by another underlying cause. The patient made another visit to his MD and was diagnosed with IBS. One month of treatment with Luna, PA, and Probiosis was recommended to improve the enteric nervous function, clear the intestines, and reduce infection which may be causing the IBS. The patient's response was fantastic; the pain has been totally eliminated and the patient's insomnia was also resolved. Now he no longer experiences bloody or black stools and also feels more stable and energetic. After one month treatment, he continued with Luna and Probiosis at low dose for the second month. In his third month, the patient took the products on a low dosage, only 1-2 days a week. Now, he only needs to take the treatment on occasion of discomfort in the lower left abdomen.

Case 3: Successful Reduction in IBS Related Constipation and Stress

Wei Laboratories, Inc.

A 9-year-old girl had chronic constipation ever since she was toddler. She experienced extremely hard stools. It was initially hypothesized that the chyme moved too slowly through the intestines, resulting in stool hardening accompanied by constipation. The GI protocol of SJ, Spring Capsule and Formula B was recommended to improve intestinal function. During treatment, the patient's constipation was totally resolved. However, once treatment was finished the constipation returned. The patient concurrently experienced temperamental issues and was also under large amounts of stress; therefore, it was concluded that her IBS was likely stress related. The Brown Formula was recommended to improve liver function to increase her stress tolerance and alleviate the resulting IBS and constipation. After 2 weeks of treatment with the Brown Formula, the constipation was completely resolved; additionally, the patient's temperamental issues have also been resolved, she is now more cooperative and is less stressed. It has been 4 years since treatment and her bowel movements have been normal ever since.

References:

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