

# Do you suffer from Irritable Bowel Syndrome?

## What is Irritable Bowel Syndrome (IBS)?

Irritable bowel syndrome is a disorder effecting the intestines.

Associated symptoms of IBS are:

- **Cramping abdominal pain**
- **Bloating**
- **Excess gas**
- **Constipation**
- **Diarrhea**
- **Nausea**
- **Indigestion**
- **Back pain**
- **Depression**
- **Disturbed Sleep**
- **Fatigue**

It is estimated that 20 to 50 million Americans suffer from IBS, making it one of the most common disorders. It is considered a functional disorder, which means that the bowel function is disrupted yet it is very difficult to measure physical abnormalities through conventional testing.

Targeted therapies have allowed our physicians to successfully treat many patients with IBS. The key to overcoming this, and other chronic disorders, is focusing on each patients individual needs. The great majority of his patients show significant improvement and many experience resolution of symptoms.

**If you suspect you have IBS...you no longer need to suffer.**

*Treating the Cause...  
Not the Symptom*

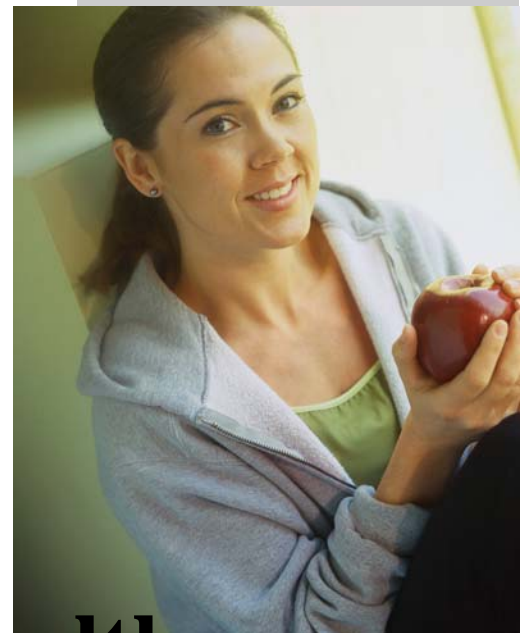
The physicians of The Center for Optimal Health focus their practice on patient centered, science-based methods of improving health, vitality, and longevity through precise integration of hormonal and nutritional therapies.



Treating the Cause...  
Not the Symptom

**David Pawsat, D.O.**  
**Christine Blakeney, D.O.**  
1520 Ramblewood Dr.  
Suite 100  
East Lansing, MI 48823  
**517-324-9400**  
**[www.cfohealth.com](http://www.cfohealth.com)**

Located just South of Lake Lansing Road, off of Coolidge Road.



**[www.cfohealth.com](http://www.cfohealth.com)**