

IBS-C



- Individuals experience a range of symptoms in addition to constipation (straining and hard stools) but also report abdominal pain and bloating as particularly troubling.

Carminatives



- Estimated average prevalence of bloating is 64% in IBS.
- No approved treatments that specifically address treatment of bloating and/or gas in IBS.
- Carminatives are spices and herbs that have traditionally been used for bloating and gas.

Partial List of Carminatives and Secondary Benefits

- | | |
|--|---|
| • Anise
– URI, congestion, cough | • Fennel
– URI, congestion, cough |
| • Basil
– Anti-inflammatory | • Ginger
– Prokinetic, antiemetic |
| • Caraway
– Slows GI transit time | • Lemon balm
– Anxiolytic |
| • Catmint
– Nervine relaxant | • Peppermint
– Slows GI transit time |
| • Cinnamon
– Reduces insulin resistance | • Sage
– Hot flashes, sore throats |
| • Dill
– Lactagogue | • Thyme
– Cough, colds, congestion |

Partial List of Carminatives and Secondary Benefits

Anise

- URI
- Congestion
- Cough



Partial List of Carminatives and Secondary Benefits

Basil

- Anti-inflammatory



Partial List of Carminatives and Secondary Benefits

Caraway


- Slows GI transit time



Partial List of Carminatives and Secondary Benefits

Catmint


- Nervine relaxant



Partial List of Carminatives and Secondary Benefits

Cinnamon

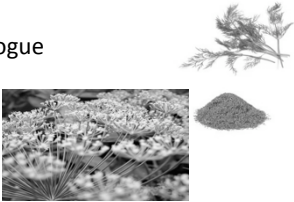
- Reduces insulin resistance



Partial List of Carminatives and Secondary Benefits

Dill


- Lactagogue



Partial List of Carminatives and Secondary Benefits

Fennel

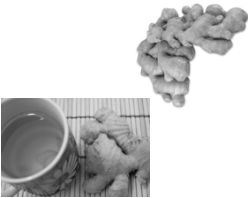
- URI
- Congestion
- Cough



Partial List of Carminatives and Secondary Benefits

Ginger


- Prokinetic
- Antiemetic



Partial List of Carminatives and Secondary Benefits

Lemon balm

- Anxiolytic



Partial List of Carminatives and Secondary Benefits

Peppermint

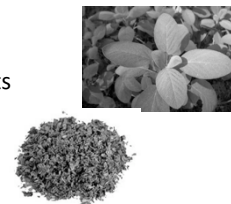
- Slows GI transit time



Partial List of Carminatives and Secondary Benefits

Sage

- Hot flashes
- Sore throats



Partial List of Carminatives and Secondary Benefits

Thyme

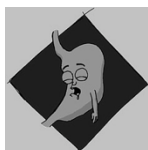
- Cough
- Colds
- Congestion



Ginger (*Zingiber officinale*)



- Most widely cultivated spice
- Anti-inflammatory
- Warming agent
- For coughs, congestion, colds
 - In vitro activity against a variety of rhinovirus.



Gastroparesis

- Ginger may be of benefit in patients with gastroparesis, which can present with signs and symptoms such as heartburn, gastroesophageal reflux, early satiety, abdominal bloating, and nausea and/or vomiting several hours after eating a meal.



Ginger (*Zingiber officinale*)

- Compounds in ginger are 5-HT₃ antagonists; ginger is a prokinetic and antiemetic agent.
- A study of 24 healthy human volunteers found that 1200 mg dried ginger accelerated gastric emptying and stimulated antral contractions greater than placebo.

Wu KL, et al. Eur J Gastroenterol Hepatol. 2008

Ginger for Morning Sickness



- Six RCT show ginger (1.0-1.5 g/d) is safe and effective for reducing NVP.
- Two additional studies found ginger (1000 mg/d and 650 mg TID) superior to vitamin B6 (40 mg/d and 25 mg TID) for nausea and equal for vomiting episodes.
- One trial found dimenhydrinate (50 mg BID) superior to ginger (500 mg BID) for vomiting episodes first 48 hours, no difference days 3-7.

Borrelli, et al. *Obstet Gynecol* 2005;105(4):849-56
 Ensiyeh, et al. *Midwifery* 2008 Feb 11
 Pongrojpraw D et al. *J Med Assoc Thai.* 2007 ;90:1703-9
 Chittumma P ,et al *J Med Assoc Thai* 2007;90(1):15-20,

Chemotherapy Induced Nausea

- NCI funded study found if patients take 0.5 – 1.0 grams ginger three days before and after chemotherapy along with prescription anti-emetics, reduced nausea by additional 40%.
- Studies that did not give ginger before the chemotherapy was administered did not see the same results.

Ryan JL. Ginger for chemotherapy-related nausea in cancer patients: A randomized, double-blind, placebo-controlled clinical trial of 644 cancer patients. 2009 ASCO Annual Meeting May 14. Abstract #9511.
 Zick SM, et al. Phase II trial of encapsulated ginger as a treatment for chemotherapy-induced nausea and vomiting. *Support Care Cancer.* 2009 May;17(5):563-72.

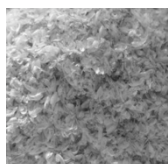
This is right product for morning sickness

Supplement Facts		
Serving size 1 Capsule		
	Amount Per Capsule	% Daily Value
Freeze Dried Ginger Root(Zingiber officinale)	500 mg	*

* Daily Value not established.

Concentrated Extract

Supplement Facts		
Serving Size 1 Softgel		
Servings Per Container 60		
	One softgel contains	% DV
Ginger (rhizome) 94 mg supercritical extract (30% pungent compounds - 16.2 mg, 8% zingerone - 4.3 mg) and 96 mg ethanolic extract (3% pungent compounds - 2.8 mg)	150 mg	*
Rosemary (leaf) supercritical extract (23% total phenolic antioxidants - 1.15 mg)	5 mg	*



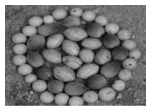
Ispaghula Husk *Plantago ovata*; *P. psyllium*

- The bulking agent with best evidence is ispaghula husk - efficacious in the treatment of constipation symptoms, such as straining and formed stools.
- Common side effects of bulking agents include bloating, intestinal gas and additional abdominal pain.

Quarтеро AQ, et al. *Cochrane Database Syst. Rev.* CD003460 (2005).

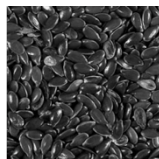
Psyllium

- Psyllium is mainly used as a dietary fiber, which is not absorbed by the small intestine.
- Mechanical action of psyllium mucilage is to absorb excess water and stimulate normal bowel elimination.
- Although primary use is as laxative, it is a true dietary fiber and can help reduce symptoms of both constipation and mild diarrhea.



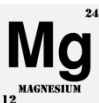
Triphala

- Common Ayurvedic remedy for constipation is Triphala, made from the dried fruits of three fruits:
 - *Terminalia chebula*
 - *Terminalia bellerica*
 - *Phyllanthus embelica*
- I use for IBS – constipation or diarrhea
- Children and elders with hard, dry stools.
- 1-2 grams per day for 5-7 days, increase to 3-4 grams per day if needed.



Flax Seed (*Linum usitatissimum*)

- Rich in omega-3 fatty acids
- Mucilaginous
- 1-2 Tbsp flaxseeds steeped in 2 cups water for 5-10 minutes. Strain. Drink throughout day.



Magnesium

- Magnesium is often my choice in IBS-C because:
 - Many people have low level deficiency
 - Useful and effective stool softener
 - It can help with sleep if taken in evening
 - Reduces insulin resistance
 - Helps maintain healthy blood pressure and stabilizes heart rhythm
 - Can eliminate menstrual cramping
 - Can help reduce frequency of migraines
- Dose is typically 300-600 mg per day.
- Aspartate, bisglycinate, chelate - preferred