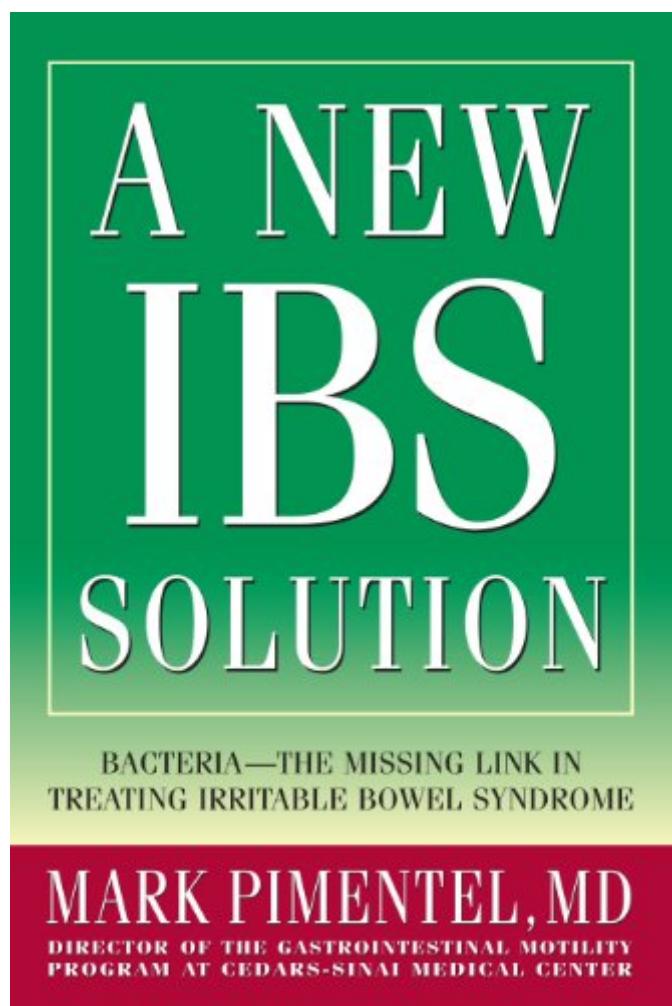


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# A New IBS Solution: Bacteria-The Missing Link In Treating Irritable Bowel Syndrome



## Synopsis

A New IBS Solution offers a revolutionary look at the way Irritable Bowel Syndrome (IBS) is currently being treated. Today, over 60 million people of all ages across the country are suffering from IBS, which is characterized by abdominal pain, bloating, and altered bowel habits. But because patients may find it difficult to discuss their bowel problems with their physicians, they often suffer in silence or even worse, "learn to live with it." According to Dr. Mark Pimentel, Director of the Gastrointestinal Motility Program at Cedars-Sinai Medical Center, the majority of IBS cases can be treated successfully. Dr. Pimentel believes that the root cause of most IBS symptoms can be attributed to an overgrowth of bacteria in the small intestine. A New IBS Solution takes you through the historical evolution of conventional medicine's view on IBS in a way that can be easily understood. In addition, Dr. Pimentel presents a simple treatment protocol that will not only help you resolve your IBS symptoms, but will also prevent their recurrence.

## Book Information

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## Customer Reviews

Anyone with chronic illness needs to read this book. A very thoughtful and compelling argument

why the gut is everything when it comes to health.

This book has really helped me get on track to solve my digestive issues. Its clearly written and easy to understand.I do wish I hadn't purchased the tablet version as I would have preferred having the actual book to take with me on my first appointment to my GP. As she had never even heard of SIBO before, it would have been nice to show her the book.

This book explained everything about ibs in a simple and readable way. The data was sound and easy to follow. It can also be used as a good reference

I have suffered with IBS/SIBO for at least 20 years and I have told doctors I have an infection. They never listened, never tested me and treated me like I was a total mental case. No one should have to suffer from these conditions like IBS/SIBO patients do. Dr. Pimentel and his team are nothing short of awesome. I could never be so lucky to find a way to get treatment from them! I am so happy to have this book in my possession, though. Blessings are all around us and this is one of them.

Thank you, Dr. Pimentel!

I had been seriously ill for 9 months when I happened upon this book while doing some research about my digestive problems. I had been going to doctors for months and making no progress.This book really put the pieces together and we finally were able to figure out what was wrong with me and get me back on the right track. I highly recommend it for anyone with an IBS diagnosis, particularly if their digestive problems seem to have started with food poisoning or other illness.

I think that this theory has credence. I do believe that diet is key to IBS. I read this book in conjunction with other books related to IBS, FODMAP diet, SIBO, etc. I think to consider the entirety of causes for IBS, one must consider the hypotheses formulated in this book, by Dr. Pimentel. I would recommend reading this book as part of the readings a person should consider if they have IBS, however, consult with you own doctor about your medical conditions. Use this information for discussion with your doctor.

Highly informative for treating IBS if bacteria overgrowth is found; however, no discussion about testing negative for bacteria overgrowth. Would have liked to hear thoughts on that since I fall into this category.

"A New IBS Solution" was written in 2006 by Dr. Mark Pimentel, at the time Director of the Gastrointestinal Motility Program at Cedars-Sinai Medical Center, to explain his understanding that many cases of irritable bowel syndrome (IBS) are caused by small intestinal bacterial overgrowth (SIBO) and his protocol for successfully treating the condition. He begins by taking the reader through the history of theories and treatment for IBS, which is currently the most common chronic medical condition in the United States. Dr. Pimentel explains the sometimes-confusing labeling and categorization of IBS, why IBS has so often been attributed to psychological causes, comments on drugs that have been used to treat symptoms, what is known about post-infectious IBS (food poisoning), which seems to constitute 20-30% of cases, before he concludes with an exposition of how and why he and his colleagues came to believe that IBS is caused by SIBO in many cases. Then Dr. Pimentel presents his treatment plan, described clearly and in enough detail that both laypeople and physicians can understand and follow it. The Cedars-Sinai Program for Treating IBS is essentially this: Several screening tests are recommended, among them a hydrogen breath test for SIBO. If a patient tests positive, he or she is given a 10-day course of the antibiotics Xifaxan and neomycin. If, after that, the patient is still positive for SIBO, a second course of antibiotics is given. The patient is to follow a low-carbohydrate diet in order to help the antibiotics along by starving the pathogenic bacteria. The diet restricts carbs that are absorbed low in the intestines while allowing some carbs -monosaccharides, starches, white wheat bread and pasta- that are absorbed high in the intestines. If, after 2 courses of antibiotics and diet, SIBO is still present, Dr. Pimentel recommends the patient consume only Vivonex elemental diet and water for 2 weeks to starve the bacteria. Once cured, he has patients take Zelnorm or erythromycin for 3 months in order to enhance small bowel cleansing waves. (Note that Zelnorm has since been taken off the market.) Dr. Pimentel's work on SIBO as a cause of IBS is important. I'm sure he and his colleagues have helped many people, and I hope that everyone with IBS will read this book. I find his treatment plan lacking in a couple of areas, however, probably insufficient for a long-term cure, and Dr. Pimentel's understanding of what is causing the symptoms of IBS is poor, which results in his giving some bad advice. Dr. Pimentel relies solely on a hydrogen breath test for diagnosis and claims that 76% of IBS sufferers in one study and 84% in another study tested positive for SIBO. That's impressive, but I wish that he had addressed the accuracy of hydrogen breath tests for SIBO, because their results are subject to interpretation, and a couple of studies have called their accuracy into question. Dr. Pimentel also places a lot of emphasis on small bowel cleansing waves in the small intestine, the lack of which he believes predisposes people to SIBO, without any evidence that

it is a major factor. One shortcoming of the Cedar-Sinai treatment plan is that it has no protocol for restoring normal flora to the intestines. Dr. Pimentel's diet for long-term maintenance is good, but it may not be enough to restore the normal flora and keep the bacteria at bay. Many of Dr. Pimentel's patients suffer recurrences. Wiping out the pathogenic overgrowth without restoring the flora is like throwing chips in the air and letting them fall where they may. It won't last. Dr. Pimentel doesn't seem to care for probiotics, but he needs to learn. People have to restore the flora somehow. It seems that only alternative practitioners and "functional" MDs emphasize a restoration of normal flora, which can take years. I don't endorse them, as I have not used these diets for this purpose, but, if you want to design your own protocol for restoring the flora, you may want to consult the Specific Carbohydrate Diet (SCD) or the GAPS diet for ideas. You can also find recommendations online as to what type and quantity of probiotics to use. The other problem with the treatment plan outlined in "A New IBS Solution" -and the one that IBS sufferers will notice first- is that it ignores the many malabsorption issues associated with the condition. The symptoms are the result of malabsorption of a variety of short-chain carbohydrates, collectively referred to as FODMAPs. Most IBS sufferers find great relief when they follow a low-FODMAP diet. Though I'm sure it is true that the underlying cause of most IBS is a pathogenic overgrowth, patients can get immediate relief of even the most debilitating symptoms by following a low-FODMAP diet and should do so until the overgrowth has been successfully treated. For an explanation and advice about the low-FODMAP diet, see the book "The Complete Low-FODMAP Diet" by Sue Shepherd, PhD and Peter Gibson, MD. As "A New IBS Solution" was published 8 years ago, it is possible that Dr. Pimentel has since integrated some of this information into his treatment program. "A New IBS Solution" is short (132 pages of text), easy to read, and provides the public with information about SIBO, IBS, and successful treatment in a format that is easy to digest. A little too easy; there are no footnotes or endnotes for the studies that are referenced. Dr. Pimentel does not mention that, though SIBO is probably more common, some IBS is caused by fungal overgrowth rather than bacterial. I know. I had a rather bad case. Dr. Pimentel downplays the neurological and psychiatric symptoms of IBS, claiming that no more IBS patients suffer from depression than the general population. He probably thinks that he is dispelling the myth that IBS is psychosomatic, but depression is more prevalent among IBS sufferers. It is caused by the IBS, not the other way around. Pimentel does not mention "brain fog" as a symptom until the end of the book, where he speculates that it is caused by endotoxins. There is no mention at all of inflammatory disease associated with IBS. He's a gastroenterologist. He shies away from systemic implications of GI disease.

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