



# What is Irritable Bowel Syndrome?

Irritable bowel syndrome is a common disorder affecting

Large intestine (colon) symptoms are as follows:

- abdominal pain (colic)
- Flatulence and gas
- diarrhea or constipation

It is possible to reduce the symptoms associated with it through proper nutrition, a healthy lifestyle, and avoiding stress.

For more information please click on the digital scanner

