

# THE CAUSE OF IBS REVEALED

**Dr Paul Froomes**  
BMedSci MBBS FRACP MD  
Gastroenterologist



# Introduction

If you've been suffering with chronic gut symptoms for years, you've no doubt been told that the cause of Irritable Bowel Syndrome (IBS) is not known and therefore there is no cure for IBS.

You will also know that there is no medical test used to diagnose IBS and you may have even been told that IBS is in your head and you are just anxious. Essentially IBS is the name that the medical community has given to a constellation of gut symptoms that are due to disturbed gut function and not a disease. The common medical opinion is that there is no cure and the cause is unknown.

The most common symptoms of IBS include periodic bouts of abdominal pain accompanied by diarrhoea, constipation, or both. Flatulence, belching, and bloating may also occur. The episodes may subside with a bowel movement. However, IBS patients may pass only a small amount of stool that may or may not contain mucus, and they may continue to feel an urgent need to defecate.

(Bodemar C et al 2001; Chey WY et al 2001)







## The cause of IBS revealed.

It may surprise you to know that the cause of IBS was first published in the World Journal of Gastroenterology in 2014 and has been confirmed in the medical literature many times since then.

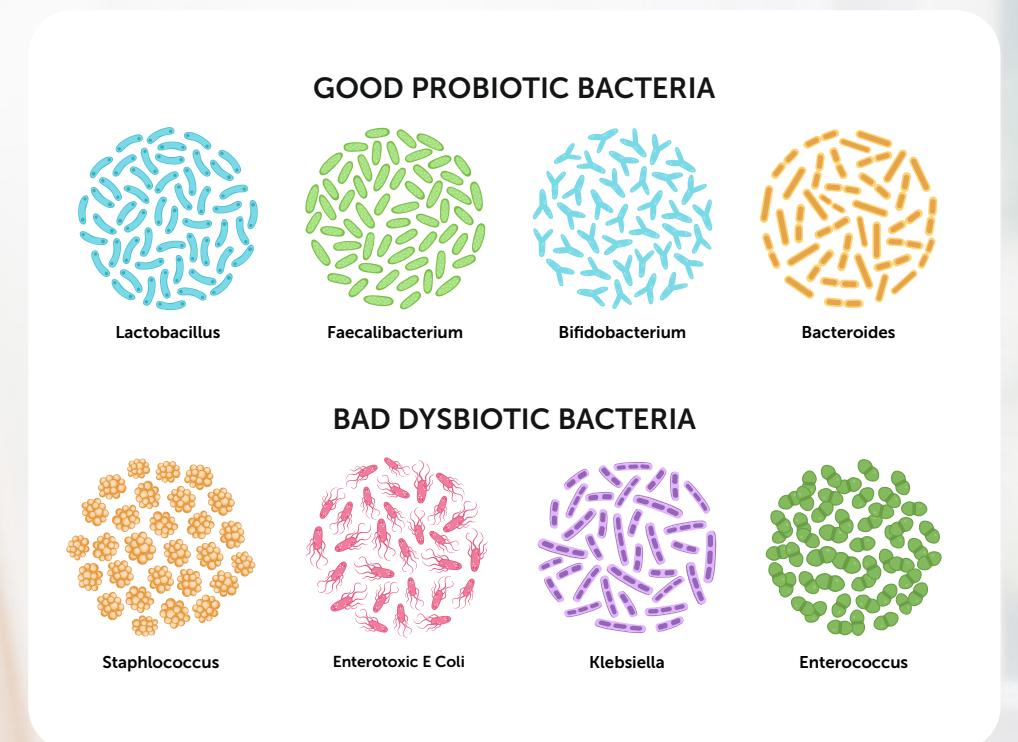
If you take note of what is revealed in this largely ignored body of medical literature you can begin to formulate a program to cure IBS. **That's right, CURE IBS.** And, this is now possible due to the fact that medical scientist have uncovered the cause.

Are you ready? Then here it is.

### THE CAUSE OF IBS IS GUT DYSBIOSIS.

There you have it. What's even more exciting is if you know how to correct Gut Dysbiosis, then you have a potential cure for IBS.

So, IBS is NOT in your head. IBS is, in fact caused by an imbalance in your gut bacteria, called the gut microbiome. Dysbiosis occurs when there are too many bad bacteria (dysbiotics) living in the gut microbiome and not enough good bacteria (probiotics) living in the gut microbiome.





# The Gut Microbiome

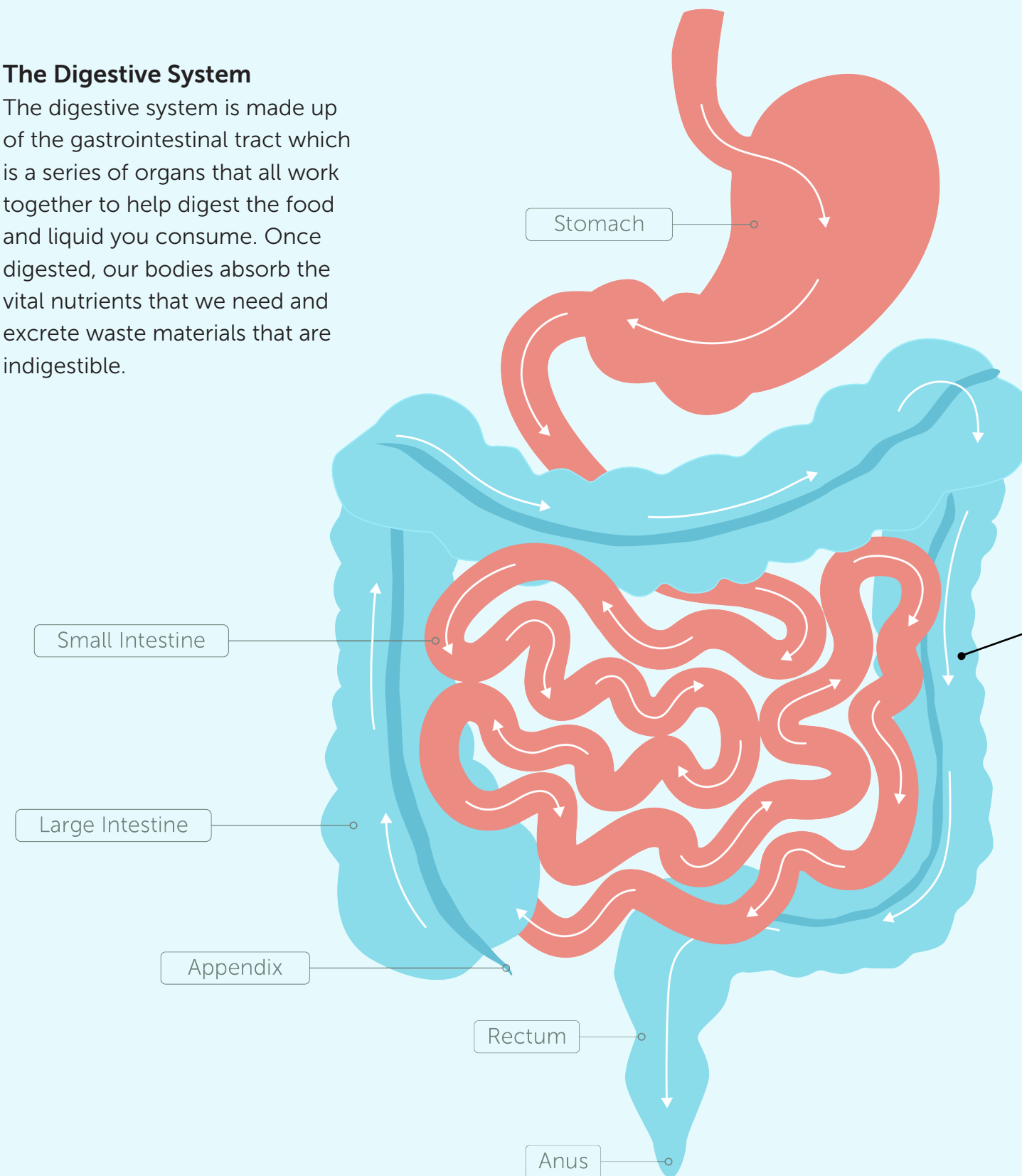
The trillions of bacteria that have been discovered to be living in our gut and functioning happily there in symbiosis with us humans is now regarded as so important to human gut function and overall health that it has been classified as a functioning human tissue and given the moniker Gut Microbiome.

As this diagram highlights, the function of the digestive system is very dependent on having a robust population of good bacteria residing in it. And, that is because these microscopic friends turn certain foods we eat into a myriad of very important nutrients for us that enable the gut to operate properly and to stay healthy. Thus, if your gut microbiome is out of balance or dysbiotic then your gut ceases to function properly. Remember, IBS is a disorder of gut function. So, there we have it.

***The probiotic bacteria in our microbiome make a multitude of nutrients that improve digestion, calm the gut nervous system and restore normal bowel movements. They can also reduce sweet food cravings, control body weight, improve mood, clear the head, clear skin and boost energy.***

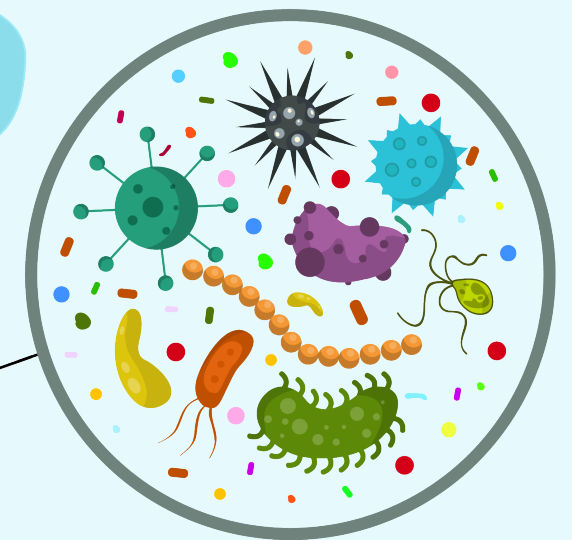
## The Digestive System

The digestive system is made up of the gastrointestinal tract which is a series of organs that all work together to help digest the food and liquid you consume. Once digested, our bodies absorb the vital nutrients that we need and excrete waste materials that are indigestible.



## The Microbiome

Your 'gut microbiome' is made up of the trillions of micro-organisms - mainly bacteria - that live in your gut. It's complex and plays an important role in the digestion process and your general health.



An imbalance of bacteria living in your gut is called 'gut dysbiosis' and can cause IBS symptoms like weight gain, fatigue, low mood, brain fog and many other issues. These bacteria produce toxins that inhibit proper digestion of food, irritate the gut nervous system and disrupt normal bowel movements. They can even cause sweet food cravings, weight gain and skin rashes.



## The benefits of good bacteria

### Good bacteria make nutrients for us like:

- B group vitamins
- Vitamin K
- Amino Acids
- Short chain fatty acids
- CoQ10 for energy production
- Glucosamines for joints
- Serotonin for mood

### These nutrients:

- Improve digestion of food
- Calm the gut nervous system
- Restore normal bowel movements
- Reduce sweet food cravings
- Control body weight
- Improve mood and concentration
- Clear the skin
- Boost energy

### They also keep us healthy by:

- Maintaining good digestion
- Regulate bowel movement
- Bind carcinogens
- Modulate appetite and body fat
- Stabilize mood and stress
- Protect us against gastroenteritis
- Boost the immune system
- Teach us to tolerate foods



## The effects of bad bacteria

Bad dysbiotic bacteria stops production of all the nutrients listed on the left. They also make toxins like LPS, ETX, aldehy, lactate, amine and H<sub>2</sub>S which causes the intestinal barrier to become 'too permeable' also known as Leaky Gut and triggers inflammation.

### This causes IBS symptoms like:

- Abdominal pain
- Cramps
- Diarrhoea
- Constipation
- Fatigue
- Low mood
- Brain fog
- Skin rashes
- Joint pains
- Sweet food cravings
- Weight gain

### These toxins also:

- Inhibit proper digestion of food
- Irritate the gut nervous system
- Disrupt the normal bowel movements



## What can I do?

The secret is out and the cure for IBS is finally now possible. The IBS Doctor is the first step towards offering a potential cure for IBS through our 28-Day Gut Dysbiosis Treatment Program. Please remember though, there are no guarantees in medicine, so further investigation may be needed for some people.

## The 28-Day Program

Developed by a Gastroenterologist with over 30 years of private practice experience, the 28-Day Program treats both the symptoms and the underlying cause of IBS. Done at home, the program combines 100% natural prebiotic and probiotic supplements with easy-to-follow dietary advice to help rebalance the gut microbiome.



The process is akin to attending the proverbial bacterial 'garden' living in your gut. In Phase 1 we weed it and prepare it for Phase 2 where we support the growth of a new and healthy bacterial 'garden' in the gut.

### Phase 1 - Cleanse

In Phase 1 we cleanse away the bad bacteria and the biofilms that protect them with a course of natural cleansing supplements and easy-to-follow dietary advice. These bacteria make many toxins that interfere with digestion, bowel function and irritate the gut nerves.

### Phase 2 - Reload

In Phase 2, we reload the gut with good healthy bacteria through a regime of natural probiotic and prebiotic supplements and our Gut Reload Diet. These bacteria make a multitude of nutrients that improve digestion, calm the gut nervous system and restore normal bowel movements.

[Find out more](#)





*Live life  
IBS Free!*

## What sets The IBS Doctor apart from other gut health programs?

- Around 10-15% people suffer from IBS at some time. Given its prevalence, IBS is surprisingly misunderstood with traditional medicine offering little by way of effective treatment.
- Our program has been developed by a Gastroenterologist who has spent the last 30 years' diagnosing and managing disorders related to the gut microbiome.
- It embraces the latest medical thinking on gut health and has been specifically designed to beat IBS.
- The program is made up of a specific combination of diet, supplements, probiotics and prebiotics that when combined together provide effective relief of the symptoms of IBS. If you do any of these things in isolation or in a different order, it will not be as effective.
- It treats the microbial imbalance in the gut which is thought to be the underlying cause of IBS.
- The program effectively relieves the symptoms as well as treating the underlying cause of Irritable Bowel Syndrome (IBS).
- It's much more than a diet, a cleanse or a token probiotic. It's a total microbiome reset.
- The result is a healthier gut microbiome which leads to reduced IBS symptoms and improved gut function.

**Find out more**



## Dr Froomes is the author of 'Your Best Gut' - The 28-Day Guide to Transform Your Life.

This practical guide has been described as 'motivational, inspirational and confidence building.' It's a must read for anyone suffering IBS.

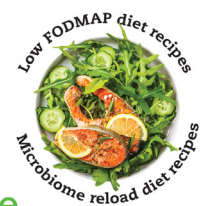
Here's what the experts say:

'Dr Froomes has provided excellent, precise, comprehensive information on all aspects and management of gut health. This book is an easy read, user friendly and supported by research data and personal success stories on how to repair your gut. Inspirational, motivational and confidence building. Easy to follow instructions with helpful advice on creating lifestyle habits to heal and improve gut health. Read this book to motivate, inspire and enhance your overall physical and mental well-being'

June Sherry, Health Educator

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# YOUR BEST GUT



The 28-Day Guide  
to Transform Your Life

**DR PAUL FROOMES**



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