

# Natural ways to help prevent and treat Irritable Bowel Syndrome

In addition to chiropractic adjustments, increasing serotonin levels can help people with IBS. 95% of your serotonin receptors are in your gut. Low serotonin is a major cause of IBS.

Main causes of low serotonin:

1. Toxins
2. Low vitamins, minerals or amino acids
3. Not enough physical activity
4. Stress
5. Head traumas

Here are my recommendations.

1. Get chiropractic adjustments and exercise.
2. Take **5-HTP**. This is the amino acid that makes serotonin.
3. Avoid toxins, mercury being the main one to cause low serotonin.
4. Take a high quality multi-vitamin/mineral like [Twice Daily Essentials](#) for B vitamins and Magnesium. You can't make serotonin without mag. or B6.
5. Get adequate protein in your diet for amino acids. 60 grams per day is the minimum amount of protein you need. One chicken breast has 20 grams of protein. One egg has 8 grams. ½ a cup of yogurt has 8 grams. ½ a cup of beans has 16 grams.

The protocol for 5-HTP supplementation is as follows: Take 50mg of 5 HTP 30 minutes before bed on an empty stomach (90 minutes after or 30 minutes before eating), with 4 ounces of grape juice. 5 HTP will usually help you sleep, but occasionally it will energize you. If it energizes you, take it in the morning, or throughout the day. Increase by 50mg every 4 days until you have relief from your IBS. It takes between 50-300mg per day.

5 HTP also helps control your appetite, helps sleep, anxiety, fibromyalgia pain and helps your mood and can relieve depression.

The drugs that raise serotonin levels cause it to lower over time requiring more and more of the drug to work and usually cause weight gain.