

EUCARBON®

MY IBS DIARY



# 100% Natural Ingredients of Eucarbon®



Finely pulverized charcoal

Adsorbs intestinal gases and toxins



Senna leaves and rhubarb root extract

Mildly laxative



Essential mint and fennel oil

Spasmodic and carminative

## Dosage

Adsorbing effect : 1 - 3 tablets



Laxative and adsorbing effect : 4 - 6 tablets



## MANAGING IRRITABLE BOWEL SYNDROM (IBS)

You are constantly complaining about ...

- Abdominal pain?
- Bloating?
- Constipation?
- Diarrhea?

... then there is a chance you might be suffering from IBS.

**But what exactly is IBS?**

IBS is a very common multifactorial intestinal disorder affecting up to 22% of the general population worldwide. In IBS the normal digestive behavior is disrupted, leading to uncomfortable, mild to severe ailments.

**Who is affected?**

All age groups can be affected. The highest observed prevalence is in people in their middle adulthood. Women are twice as likely to develop IBS as men.

**What causes IBS?**

Up until today there is not a definite answer as to what causes IBS. It is most likely an interaction of multiple interwoven factors.

**How to treat IBS?**

There are several ways to treat the symptoms of IBS, most IBS patients can lessen their symptoms through simple lifestyle changes like eating a healthy diet, exercising regularly and controlling stress promoting factors.

## WHAT DOES THE DIAGNOSTIC PROCEDURE FOR IBS LOOK LIKE?

Since IBS is a dysfunction of the bowel without any organic intestinal damages, neither visual examinations nor measurements can be adducted for IBS diagnosis.

Therefore IBS diagnosis is based on the presence and frequency of symptoms and the exclusion of other underlying causes such as bacterial infections, food intolerances or inflammatory bowel disease (IBD).

Initial clinical interview with your doctor includes:

- Physical examination
- Detailed medical history
- Exclusion of other gastrointestinal disorders

Additional testing may involve:

- Blood tests
- Stool sampling
- Endoscopic analysis
- External imaging procedures

Look at the questions on the next page that – if answered affirmatively – might be a first indication of IBS. Discuss your answers with your doctor.

## DO I HAVE IBS...?

1) Are you suffering from at least one of these reoccurring problems?

- Diarrhea
- Bloating
- Constipation
- Flatulence
- Cramps/abdominal pain

2) For how long have you been having these problems?

- Less than 3 months
- 3 to 6 months
- More than 6 months

3) Has your stool consistency changed while experiencing these problems?

- Yes
- No

4) Has your bowel movement frequency changed while experiencing these problems?

- Yes
- No

5) Does this discomfort or pain get better or stop after you have a bowel movement?

- Yes
- No

6) Has this pain limited or restricted your ability to work or go to social events?

- Yes
- No

## LET'S START WITH A HEALTHY DIET

Food plays a major role in the treatment of IBS. It has been observed that at least two thirds of people with IBS will link their discomforts to the ingestion of certain foods, promoting the assumption that certain foods trigger some sort of oversensitive gut reactions which in the end lead to the typical IBS symptoms.

The aim is to build an individualized diet that works for you and your gut to achieve long term results. Figure out what foodstuffs trigger your IBS symptoms and potentially exclude those from your diet.

Consult a doctor or dietician who will help monitor and manage your dietary transition before making any changes to your diet on your own.

Daily food intake should always consist of an adequate amount of carbohydrates, fats and proteins. Eating mindfully and choosing foods from every food group is the way to approach a balanced wholesome diet.

## QUICK IBS DIARY GUIDE

Use these following IBS diary pages (make copies for future use) to keep track of your daily meals. Write down all the foods and beverages you consumed along with all the symptoms. It is an efficient way to get an overview of your eating pattern and how it affects your IBS.

**You can use this key to note your symptoms**

D ... Diarrhea F ... Flatulence C ... Constipation  
B ... Bloating P ... Pain

## OTHER THINGS YOU CAN DO OR AVOID TO IMPROVE IBS

### – Manage your stress level!

Constant stress can worsen IBS symptoms. Practicing relaxation techniques, doing yoga or tai chi might help to control your IBS symptoms.



### – Get enough sleep!

Sleep deprivation can also take a toll on your digestive system. Adequate sleep will decrease your stress level and thus improve your intestinal distress.



### – Get more active!

Physical activity plays a key role in living a healthy lifestyle. Exercising is not only beneficial for your overall health but also reduces effects of stress and supports the natural digestive flow.



DIARY

| DAY        | MONDAY  | TUESDAY   | WEDNESDAY   | THURSDAY  | FRIDAY   | SATURDAY  | SUNDAY  |
|------------|---|---|---|---|--|---|---|
| BREAKFAST  |   |   |   |   |  |   |   |
| SYMPTOMS   |   |   |   |   |  |   |   |
| LUNCH      |   |   |   |   |  |   |   |
| SYMPTOMS   |   |   |   |   |  |   |   |
| DINNER     |   |   |   |   |  |   |   |
| SYMPTOMS   |   |   |   |   |  |   |   |
| SNACKS     |   |   |   |   |  |   |   |
| SYMPTOMS   |   |   |   |   |  |   |   |
| I FEEL ... |    |    |    |    |    |    |    |

DIARY

| DAY        | MONDAY  | TUESDAY   | WEDNESDAY   | THURSDAY  | FRIDAY   | SATURDAY  | SUNDAY  |
|------------|---|---|---|---|--|---|---|
| BREAKFAST  |   |   |   |   |  |   |   |
| SYMPTOMS   |   |   |   |   |  |   |   |
| LUNCH      |   |   |   |   |  |   |   |
| SYMPTOMS   |   |   |   |   |  |   |   |
| DINNER     |   |   |   |   |  |   |   |
| SYMPTOMS   |   |   |   |   |  |   |   |
| SNACKS     |   |   |   |   |  |   |   |
| SYMPTOMS   |   |   |   |   |  |   |   |
| I FEEL ... |    |    |    |    |    |    |    |

## DIETARY RECOMMENDATIONS AND TIPS

### 1) Gradually increase your fibre intake.

Good sources of fibre include whole-grain products, legumes, fruits and vegetables.

2) **Raw foods might upset your gut – favor foods that are cooked!** Try eating fruits without the skin, and stick to those containing dominantly soluble fibre such as oranges, strawberries, blueberries, cucumbers or carrots.

3) IBS symptoms might improve if you **limit heavily spiced foods.**

4) **Avoid heavily processed, greasy and sugar rich foods** as well as refined carbohydrates! Exclude fast food, white flour products and junk food from your diet.

5) When cooking, **try more gentle preparation methods** like grilling, boiling or steaming.

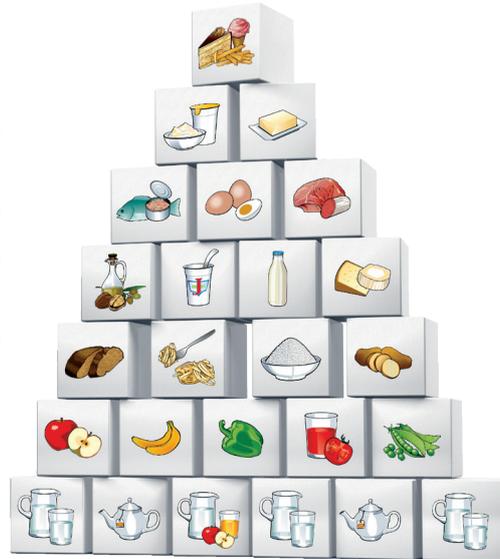
6) **Drink lots of water!** At least 6 to 8 glasses per day. This will not only prevent you from getting dehydrated caused by episodes of diarrhea but also prevent constipation and bloating.

7) Many IBS patients feel better after they **cut out dairy products.**

8) Try eating more meals with **smaller portions and chew your food thoroughly.**

9) **Stay away from alcoholic, carbonated and caffeinated drinks.** Also moderate your chocolate intake since it might irritate your bowel.

10) **Avoid artificial sweeteners!** Artificial sweeteners have shown to promote bloating and diarrhea. Check the food labels!



The information contained herein is not intended to be a substitute for professional medical advice, diagnosis or treatment in any manner. Always seek the advice of your physician or other qualified health provider with any questions you may have regarding any medical condition. Always consult a qualified medical professional before beginning any nutritional program or exercise program.

## WHAT IS EUCARBON?



Eucarbon regulates the natural activity of the intestinal bowel function. Its effects are based on 100% naturally derived ingredients such as vegetable charcoal, rhubarb root and senna leaves.

## HOW DOES EUCARBON WORK?

Eucarbon unfolds its effects in the large intestine, where it binds toxins and digestive gases. Due to Eucarbon's mild laxative property, bowel movement is being promoted and adsorbed toxins are rapidly eliminated from the digestive tract.

## WHAT IS THE RECOMMENDED DOSAGE?

Unless otherwise prescribed, Eucarbon should be taken as followed: As a mild laxative, digestive and carminative agent: take 1 to 2 tablets up to 3 x per day. For stronger effects raise evening dose to 3 to 4 tablets. Eucarbon should be taken with enough liquid at or after meals.

## HOW LONG SHOULD EUCARBON BE USED?

The duration of the intake depends on your doctor's orders. Without medical prescription, Eucarbon intake should not exceed two weeks.

## EUCARBON AND IBS

### GENERAL WELL-BEING IMPROVED



The clinical study **"Treatment of Patients with Irritable Bowel Syndrome with Eucarbon Tablets"** showed that the use of Eucarbon in IBS patients is associated with both a high tolerance rate and a significant improvement of IBS related symptoms.

V-1: Screening; V-2: Start of Treatment; V-3: after 4 weeks; V-4: after 8 weeks; V-5: after 12 weeks of treatment.

Between Visit-1 and Visit-2, 1–2 weeks passed. After Visit-2 a control was conducted every 4 weeks.

Note: The results of this trial are to be regarded as supportive data, as the test preparation of Eucarbon herbal had a modified composition compared to the original commercially available Eucarbon, containing no sulfur.

284 patients between 19–70 years, suffering from IBS started treatment ('Eucarbon' group 145; 'Carbo ligni' group 139). After the 12-week period 262 patients were available for ITT (Intention-To-Treat) analysis. Primary endpoint: Means of overall feeling for Eucarbon VAS over visits

Reference: Hübner WD, Moser EH. Treatment of Patients with Irritable Bowel Syndrome with Eucarbon Tablets. Modern Medicine.2002; 19:51-57

EUCARBON®

**F.TRENKA**

Nature is our remedy. Since 1909.

[www.ftrenka.com](http://www.ftrenka.com)

[www.eucarbon.com](http://www.eucarbon.com)

 +43 1 505 03 41 0

 +43 1 505 03 41 31

 [office@ftrenka.com](mailto:office@ftrenka.com)

 Prinz-Eugen-Straße 70,  
1040 Vienna, Austria