



JSV CLINIC

LET YOUR GUT SPEAK

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About JSV CLINIC

At JSV Clinic, we believe that true health starts from within—especially in your gut. Rather than just treating symptoms, we focus on finding the root causes of your health concerns and helping your body restore its natural balance.

Your gut is not only important for digesting food, but it also plays a vital role in your overall well-being. It affects your immune system, mood, and energy levels, among other things. That's why at JSV Clinic, we've developed a holistic, natural approach to help you overcome gut issues.

Instead of relying on long-term medications that only offer temporary relief, our clinic uses a combination of natural remedies, to promote real healing from the inside out. Each person is unique, so we tailor our treatments to fit your specific needs.

This ebook will introduce you to our philosophy at JSV Clinic, explain the key conditions we address, and provide insights into how our approach can help you regain control of your health. Whether you're struggling with digestive problems or simply want to improve your gut health, we're here to guide you on your wellness journey.

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Importance of Healthy Gut

Think of your gut as a bustling metropolis, home to trillions of tiny residents working together to keep everything running smoothly. In fact, your gut comprises 70 trillion microorganisms like bacteria and fungi. Interestingly, the human body is made up of approximately 70% bacterial cells and 30% human cells—so in many ways, we're more microbial than human!

When these bacteria are in balance, they function like diligent caretakers—helping with digestion, absorbing nutrients, and protecting you from harmful invaders. This balance also plays a key role in strengthening your immune system and supporting overall health.

But when the bad bacteria take over, it's like a breakdown in city services—chaos ensues. This dysfunction can not only cause digestive issues but also compromise immune function, and trigger chronic inflammation, which is linked to serious health conditions like liver disease, diabetes, and even mental health disorders like anxiety and depression.



Importance of Healthy Gut

Your gut and brain are also in constant communication via the gut-brain axis, influencing each other in real time. When your gut is out of balance, it impacts the production of serotonin—a hormone that regulates both your mood and digestion. Think of this connection like a direct phone line between the gut and brain—when it's functioning well, you feel good; but when disrupted, you might experience IBS, anxiety, or depression.

Remarkably, 70% of your immune system resides in your gut. If the health of your gut is compromised, so is your immune system, leaving you more vulnerable to infections, inflammation, and chronic diseases.

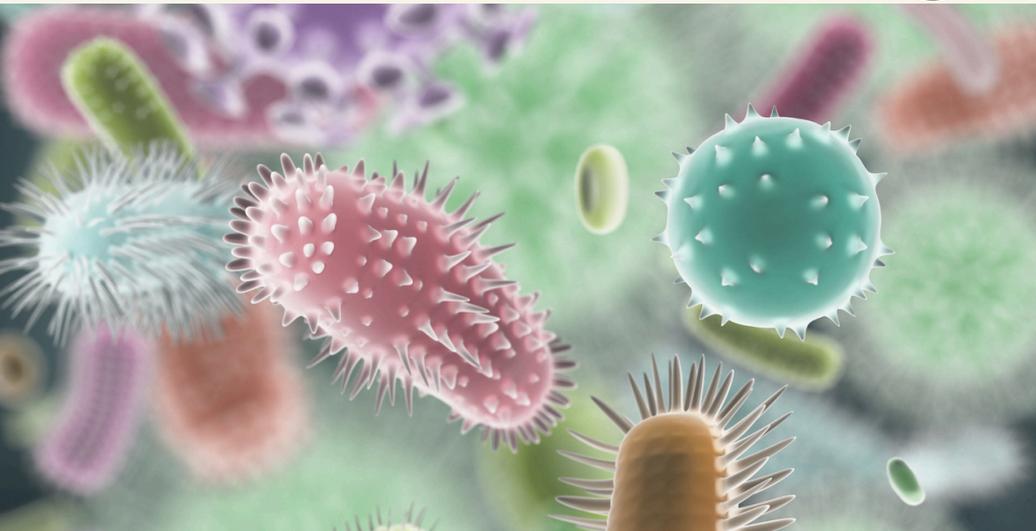
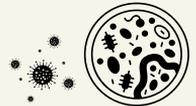
In short, your gut is the cornerstone of your overall health. By maintaining a balanced gut through a proper diet, probiotics, and lifestyle changes, you can support your digestion, strengthen your immune system, and improve both your physical and mental well-being.



Battle of Good vs Bad Bacteria

Many people mistakenly believe that all bacteria are harmful and should be avoided. However, this couldn't be further from the truth. Our bodies are home to 70 trillions of bacteria, which actually outnumber our own human cells. While some bacteria can indeed cause illness, a significant portion of them are essential for maintaining our health.

The balance between good and bad bacteria in your gut is vital for regulating numerous bodily functions. This ongoing interplay between beneficial and harmful bacteria doesn't just influence gut health; it also plays a significant role in a wide range of other health conditions. On next page is a simple table to understand how bugs can control our human body:



Good Bugs vs Bad Bugs

Good bugs also known as Probiotics help in digestion and nutrition absorption, strengthen the immune system and produce vitamins

Bad bugs also known as SIBO, disturb the digestive and food absorption process, produce toxins harmful to the body and trigger inflammation

Stimulate hormone production that regulates appetite, insulin (Glucose digestion) and Boost serotonin (happy hormone) aiding good mood and gut motility



Disrupt hormone balance by causing inflammation leading to mood disorders like anxiety, depression and mainly gut issues like diarrhea, constipation, bloating, gas, acidity

- Enhance immune function and defense, prevent infections -
Promote anti-inflammatory effects

- Trigger immune reactions, leading to chronic inflammation
- Increase susceptibility to infections, allergic reactions

How Gut controls our Brain !

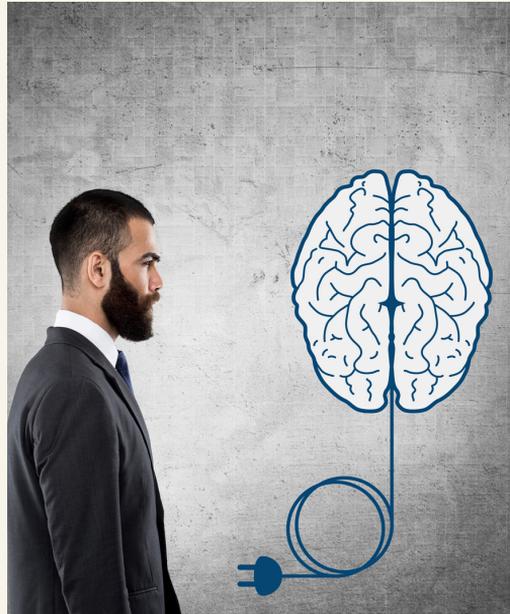
The gut-brain axis is a crucial link between your digestive system (the gut) and your brain, which affects both physical and mental health. To make this concept easier to understand, think of your gut and brain as two closely connected partners that constantly communicate and influence each other.

Connection : Your gut contains a vast network of nerve cells and good bacteria that communicate with your brain. This connection works through several channels, including the nervous system and hormones. For example, the vagus nerve acts like a direct line between the gut and the brain, sending signals back and forth.

What can disrupt Gut-Brain

Connection :

When the communication between the gut and brain is disrupted, it can trigger a range of mental and physical health issues. This imbalance can manifest in conditions like acidity, irritable bowel syndrome (IBS), irritable bowel disease (IBD) and migraines.



How Gut controls our Brain !

For instance, stress can worsen gut symptoms, leading to increased acid production and triggering reflux or hyperacidity. Conversely, gut issues can send distress signals to the brain, potentially contributing to migraines, anxiety and depression. A key player in this connection is serotonin, a neurotransmitter primarily produced in the gut. Serotonin regulates mood, but it also controls gut motility—how fast or slow food moves through the intestines. When gut bacteria are out of balance, it can influence serotonin levels. High serotonin levels may lead to diarrhea, as food passes too quickly through the intestines. On the other hand, low serotonin levels can cause constipation by slowing down digestion. Bad bacteria in the gut can exacerbate these issues, disrupting the production and function of serotonin, which further impacts both mental well-being and gastrointestinal function.

In summary, the gut-brain axis is a vital link that affects your overall health. By keeping both your gut and brain in good shape, you can improve both your mental and physical well-being.



Common Gut issues caused by Bad Bugs

SIBO	Mouth Ulcers
H.PYLORI	Hyper Acidity & Hypo Acidity
H.PYLORI	Acid Reflux/GERD
SIMO	Constipation (IBS-C)
SIHO	Diarrhea (IBS-D)
SIFO	Diarrhea (Fungus Infection)
SIPO	Diarrhea (Worm Infection)
SIBO	Ulcerative Colitis
SIBO	Crohn's Disease

Sign & Symptoms of Unhealthy Gut ?

1. Abdominal Pain or Cramps :

Persistent or recurrent abdominal pain and cramping can indicate underlying digestive issues, such as IBS or IBD. These symptoms may be associated with bloating, gas, and changes in bowel movements.



2. Bloating & Gas:

Individuals who has Sibo, causes fermentation of food leading to bloating.



3. Heart Burn or Acidity:

A burning sensation in the chest or throat, often accompanied by regurgitation of stomach acid, is characteristic of heartburn and acid reflux. These symptoms can result from excessive or low acid production or issues with the lower esophageal sphincter.



4. Nausea or Vomiting :

Nausea and vomiting may be symptoms of gastrointestinal infections, food poisoning, or more chronic conditions like gastroparesis. Persistent symptoms should be evaluated to determine the underlying cause.



5. Migraine headaches :

H Pylori infection can affect gut brain axis and alters the serotonin regulation in the brain leading to migraine headache



6. Constipation :

Difficulty passing stools, infrequent bowel movements, or hard and dry stools are indicative of constipation. This condition can be caused by inadequate fiber intake, dehydration, or certain medications and SIBO.



7. Diarrhoea :

Frequent, loose, or watery stools can be a sign of various gut problems, including infections, inflammatory bowel disease, or food sensitivities. Persistent diarrhea can lead to dehydration and nutritional deficiencies if not managed properly.



8. Change in Stool frequency & Consistency:

Alterations in stool color, such as black, red, or pale stools, or changes in consistency can indicate various gastrointestinal issues. For example, black stools might suggest gastrointestinal bleeding, while pale stools can be a sign of bile duct obstruction.



9. Mouth Ulcers:

Recurrent or persistent mouth ulcers, also known as canker sores, can be a sign of gastrointestinal issues or nutritional deficiencies. They may be linked to conditions like inflammatory bowel disease or imbalances in gut flora.



10. Food Intolerance or Food Allergy :

Experiencing adverse reactions to certain foods, such as bloating, gas, or diarrhea, can indicate food intolerances or allergies. Identifying and avoiding trigger foods is crucial for managing these symptoms.



Factors affecting Gut Health

① C-Section :

Babies born via cesarean section miss out on the beneficial bacteria typically acquired during vaginal delivery, which can impact the early development of their gut microbiome. This may lead to a higher risk of developing digestive issues and immune-related conditions later in life.



② Vaccinations :

It play a crucial role in preventing infectious diseases, but their impact on gut health is less direct. However, studies suggest that vaccines influencers the gut microbiome by affecting immune responses and microbial diversity



③ Anti-Biotics:

Misuse of antibiotics can disrupt the balance of gut bacteria by killing both harmful and beneficial microorganisms, leading to dysbiosis and increased susceptibility to infections. This disruption can also contribute to long-term gastrointestinal issues, such as IBS or IBD.



④ Acidity Medication Misuse:

Overuse or misuse of medications like proton pump inhibitors (PPIs) for acidity can alter the gut environment by reducing stomach acid, which plays a role in digestion and microbial balance. This can lead to digestive disturbances and increased risk of gut infections.



⑤ Painkillers Misuse

Chronic use of painkillers, especially nonsteroidal anti-inflammatory drugs (NSAIDs), can damage the gut lining and disrupt the balance of gut bacteria, leading to inflammation and gastrointestinal issues like ulcers. This misuse can contribute to conditions such as leaky gut syndrome.

⑥ Over Hygiene:

An excessively clean environment may limit exposure to diverse microbes, potentially hindering the development of a robust gut microbiome and immune system. This can increase susceptibility to allergies and autoimmune conditions by disrupting normal microbial exposures.



⑦ Steroid Overuse:

Extended use of steroids can alter gut microbiota and impair the gut lining, increasing the risk of gastrointestinal issues and infections. This long-term therapy may also contribute to conditions like dysbiosis and inflammatory bowel disease.

Dairy, YES or NO ?

Dairy can have varying effects on individuals, with some people experiencing no issues while others may face a range of symptoms. For those who are sensitive to dairy, it can lead to discomfort such as respiratory mucus, sinusitis, bronchitis, constipation, diarrhea, or even exacerbate asthma. In certain cases, dairy may also affect the gallbladder. Therefore, determining dairy's impact on your health often requires a personal trial-and-error approach..

Lactose Intolerance :

Individuals who are lactose intolerant typically experience symptoms like diarrhea and bloating when consuming dairy products unless they opt for lactose-free alternatives.

Autoimmune Disease :

For those with autoimmune diseases, it's generally advisable to reduce dairy intake. This means limiting the amount of dairy consumed at one time and avoiding daily consumption to minimize potential adverse effects.



Healthier Dairy Choices :

When choosing dairy, plain or Greek yogurt and pure cheeses are preferable to processed cheeses that contain vegetable fats. White cheeses, such as ricotta or mozzarella, are typically easier to digest compared to harder, yellow cheeses. If you consume cow's milk, it's essential to be selective about the type, as not all cow's milk is equally beneficial, so Almond or Coconut milk are preferable options.

Super 5 Gut Food



Prebiotics: The Power of Dietary Fibers

Dietary fiber often doesn't receive the attention it deserves, yet it plays a crucial role in maintaining gut health. This essential nutrient is the indigestible part of plant-based foods and comes in two main types: soluble and insoluble. Both types contribute significantly to a healthy digestive system.

Fiber is vital for digestion as it acts like fertilizer for beneficial gut bacteria. When consumed, fiber serves as a food source for these good bacteria, helping them thrive and maintain a balanced microbiome. This nourishment supports their growth and activity, promoting a healthier gut environment.

In addition to benefiting gut bacteria, fiber offers a range of health benefits. It improves overall digestion by adding bulk to the stool and facilitating regular bowel movements. A well-balanced intake of fiber can also help in managing weight, controlling blood sugar levels, and lowering cholesterol and reducing inflammation.

Moreover, fiber plays a role in the gut-brain axis, the communication network between the gut and the brain. It indirectly supports the production of serotonin, a hormone produced in intestinal cells that is crucial for gastrointestinal motility. By enhancing serotonin levels, fiber helps regulate bowel movements and supports overall digestive function. This connection highlights how fiber not only aids gut health but also contributes to better mental and emotional well-being.

For optimal health, it is recommended that adults consume about 25-30 grams of fiber per day. This amount can vary depending on individual health needs and dietary goals. Ensuring you meet this daily fiber intake will help support the growth of beneficial bacteria, contribute to a balanced gut microbiome, and promote effective gut-brain communication.



Prebiotics: The Power of Dietary Fibers

- Chicory Root: This versatile root is often used as a caffeine-free coffee alternative and is rich in prebiotics.



- Dandelion Greens: These nutrient-dense greens are perfect for adding to salads or blending into smoothies, providing a boost of prebiotics.



- Garlic and Onions: Commonly used in cooking, these kitchen staples not only enhance flavor but also supply a wealth of prebiotics.



- Leeks and Asparagus: Both of these vegetables are tasty and nutritious options that support gut health by providing prebiotics.



- Jerusalem Artichokes: These tubers can be roasted, mashed, or included in a variety of recipes, offering a significant prebiotic benefit.



- Bananas: Slightly underripe bananas are a great source of prebiotics and can be a tasty addition to your diet





Probiotics: Nourishing Your Gut with Beneficial Bacteria

Probiotics often referred to as “good” or “friendly” bacteria are live microorganisms that provide a range of health benefits when consumed in adequate amounts.

Role of Probiotics -

Probiotics play several crucial roles in maintaining a healthy gut microbiome:

- ✓ **Restoring Balance:** They help restore the natural balance of gut bacteria, which can be disrupted by factors such as antibiotic use, poor diet, or illness.
 - ✓ **Supporting Digestion:** Probiotics aid in the breakdown of food and absorption of nutrients, which enhances overall digestive function.
 - ✓ **Boosting Immunity:** By promoting a healthy gut flora, probiotics contribute to a robust immune system, helping the body defend against infections.
 - ✓ **Reducing Inflammation:** They can help reduce gut inflammation and symptoms like gas, bloating, constipation, diarrhea associated with digestive disorders, such as irritable bowel syndrome (IBS) and inflammatory bowel disease (IBD).
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Probiotics: Nourishing Your Gut with Beneficial Bacteria

- Yogurt: Made from fermented milk, yogurt is one of the most common and accessible sources of probiotics.
- Kefir: This fermented dairy product is rich in probiotics and has a slightly tangy flavor.
- Sauerkraut: Fermented cabbage provides a variety of beneficial bacteria and adds a unique flavor to meals.
- Kimchi: A Korean staple, kimchi is a spicy, fermented vegetable dish that offers a potent dose of probiotics.
- Miso: This fermented soybean paste is commonly used in soups and adds a savory flavor along with beneficial bacteria.
- Tempeh: Made from fermented soybeans, tempeh is a nutritious and probiotic-rich alternative to meat.
- Fermented Rice Gangi water with Curd- Overnight soaked rice water taken with curd in morning helps in acidity and GERD.



3

Natural Supplements: To repair Gut Damage

Liver Health

Contains ingredients like St. Mary's thistle, turmeric, taurine, selenium, and B vitamins to enhance liver detoxification and support overall liver health.

Vitamin C

Supports liver and adrenal function, with a recommended dosage of 1000 mg twice daily.

Glutamine

Products like Ultimate Gut Health powder or glutamine powder help heal leaky gut and promote a healthy digestive system.

Vitamin B5 & B3

Support adrenal gland health and stress management.

NAC & Selenium

N-Acetyl-Cysteine (NAC) and Selenium: NAC (600 mg, one or two capsules twice daily) and selenium boost glutathione production, benefiting those with food allergies.

Digestive Enzymes

Taken during meals to aid digestion and reduce food allergy symptoms.

Probiotics

Probiotics and Fermented Foods: Help balance gut microbiome, reduce food allergies, and improve overall gut health.



3

Natural Supplements: To repair Gut Damage



Sodium

Cromoglycate

Prevents symptoms of histamine release (e.g., bloating, cramps) when taken 100 to 250 mg before eating, requiring a prescription.

Vitamin D

Enhances immune function and microbiome health; deficiency is linked to IBS and autoimmune conditions.

Magnesium

Citrate

Relieves constipation and improves digestion as a muscle relaxant.

Zinc

Essential for healthy digestive enzyme function.

Omega 3

fatty acids

Promote bacterial diversity in the gut, supporting a balanced microbiome.

Quercetin

Improves intestinal barrier function, reduces inflammation, and helps heal leaky gut.





Home Garden remedies



The Role of Stomach Acid and Bitter Herbs in Digestion and Gut Health- Stomach acid, or hydrochloric acid (HCl), is a powerful digestive fluid that initiates the breakdown of food in the stomach. Maintaining the right pH levels in the stomach is crucial for the optimal activation of digestive enzymes and the efficient breakdown of food. Bitter herbs trigger the production of stomach acid, which is especially beneficial for individuals with low stomach acid levels or weak digestion. Here are some ways to improve your digestions

Raw papaya In a glass of warm coconut milk, add 2 to 3 tablespoons of raw papaya and ½ teaspoon of local honey and blend. Drink it daily for 2 weeks, half an hour before food.

Turmeric It is antiseptic and antimicrobial and helps in eliminating all kinds of intestinal worms. Take a glass of coconut milk or buttermilk and add 1 to 2 teaspoons of turmeric powder and mix well. Drink it daily to reduce parasites from the intestines.

Pumpkin Seeds It contain a substance called cucurbitacin that has antiparasitic properties. Mix together 1 tablespoon of pumpkin seeds with ½ cup each of water and coconut cream and blend. Drink this mixture each morning, half an hour before breakfast for 1 to 2 weeks.





Home Garden remedies



Neem Leaves Grind a handful of neem leaves to form a fine paste. Consume ½ teaspoon of this paste with a glass of water every morning, half an hour before breakfast. Do it for 7 days to reduce parasites from the intestines.

Coconut It can be used to treat intestinal worms and fungi. Eat 1 tablespoon of crushed raw coconut flesh plus 1 tablespoon of coconut oil in your breakfast. After 3 hours, drink 1 glass of warm coconut milk mixed with 2 tablespoons of castor oil. Drink this for 7 days straight to get rid of intestinal worms. Always ensure the castor oil is labelled as edible.

Cloves It have antiparasitic effects that destroy intestinal worms and their eggs. Boil 2 to 3 cloves with 1 cup of water in a saucepan. Simmer for 5 minutes and strain. Drink this solution 4 to 5 times daily for a week.

Ozone Water Ozone is a powerful antimicrobial with killing effects against parasites, viruses, bacteria and fungi. Make your own ozone water and drink it daily





Processed Foods

Processed Foods: Often high in unhealthy fats, sugars, and artificial additives, processed foods can disrupt gut flora and contribute to inflammation.

Refined Sugars

Refined Sugars: High sugar intake can feed harmful bacteria and yeast in the gut, leading to dysbiosis and exacerbating conditions like SIBO and candida overgrowth.

Gluten

For individuals with gluten sensitivity or celiac disease, gluten can trigger inflammation and damage the intestinal lining.

Fried Foods

These can be hard to digest and may contribute to gut inflammation and discomfort.

Artificial Sweeteners

Some artificial sweeteners, such as aspartame and saccharin, can negatively affect gut microbiota and contribute to digestive issues.

Excessive Caffeine

High caffeine intake can irritate the gastrointestinal tract and lead to symptoms like acid reflux or diarrhea.

Alcohol

Alcohol can disrupt the gut lining, alter gut flora, and lead to inflammation and digestive issues.

High Fodmap food

High-FODMAP Foods: Foods high in fermentable oligosaccharides, disaccharides, monosaccharides, and polyols (FODMAPs) can trigger symptoms in individuals with IBS.

Red meat

Red and Processed Meats: These can be inflammatory and may contribute to gut dysbiosis and other digestive issues.

Conventional vs Natural

Acidity: Why Conventional Medicine Has Failed

In conventional medicine, acidity is typically addressed with the use of histamine blockers and proton pump inhibitors (PPIs). These medications are designed to reduce stomach acid levels, but the approach is flawed in several ways.

Firstly, there are two conditions often lumped together under “acidity”: hypoacidity (low stomach acid) and hyperacidity (excess stomach acid). Conventional treatments fail to differentiate between these, prescribing acid-suppressing medications for both. However, these treatments can exacerbate the issue in cases of hypoacidity by further reducing the already low acid levels. This disrupts the stomach’s natural acidic environment, which is essential for the digestion of food, particularly proteins. When stomach acid levels are insufficient, food cannot be properly digested, leading to symptoms like indigestion, gas, and bloating. Instead of breaking this cycle, conventional treatments often perpetuate it, leading to a vicious cycle of dependency on acid-suppressing drugs.

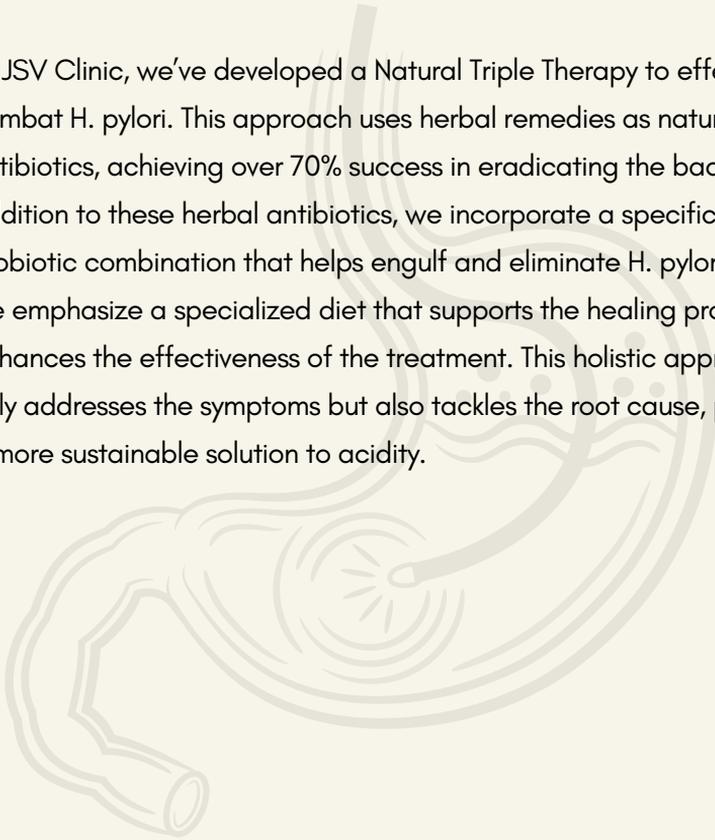
Moreover, conventional medicine’s approach to treating *Helicobacter pylori* (*H. pylori*) infections, a common cause of both hyperacidity and hypoacidity, has shown significant limitations. The standard “triple therapy,” which includes antibiotics like amoxicillin and metronidazole along with PPIs, has a success rate that has declined over time. This is due to *H. pylori* developing resistance to these antibiotics, rendering the treatment ineffective in up to 50% of cases. As a result, recurrent infections are common, and the entire conventional approach to treating *H. pylori*-related acidity has, in many respects, failed.

Conventional vs Natural

Acidity: Why Conventional Medicine Has Failed

How JSV Clinic Can Help

At JSV Clinic, we've developed a Natural Triple Therapy to effectively combat *H. pylori*. This approach uses herbal remedies as natural antibiotics, achieving over 70% success in eradicating the bacteria. In addition to these herbal antibiotics, we incorporate a specific probiotic combination that helps engulf and eliminate *H. pylori*. Finally, we emphasize a specialized diet that supports the healing process and enhances the effectiveness of the treatment. This holistic approach not only addresses the symptoms but also tackles the root cause, providing a more sustainable solution to acidity.



Conventional vs Natural

Conventional approach to Constipation

The conventional treatment for IBS-C often begins with laxatives to provide temporary relief from constipation. While these can help in the short term by softening stools and promoting bowel movements, they don't address the underlying causes of IBS-C. Over time, reliance on laxatives can lead to dependency, where the bowels may become less responsive, worsening the condition in the long run.

Another common approach is the prescription of antidepressants, particularly SSRIs (Selective Serotonin Reuptake Inhibitors). These are given based on the theory that IBS is linked to anxiety and depression, mediated through the gut-brain axis. Since serotonin plays a role in gut motility, the idea is that by balancing serotonin levels in the brain, gut symptoms might improve. However, this approach often overlooks the fact that the root cause of the serotonin imbalance in the gut may be Small Intestinal Bacterial Overgrowth (SIBO) or other gut issues. SIBO can impair serotonin production in the intestines, leading to constipation and other IBS symptoms. Unfortunately, by focusing on treating the symptoms with SSRIs rather than addressing the SIBO, the core issue remains unresolved, and patients may not experience lasting relief.

Conventional vs Natural

Constipation: Why Conventional Medicine Has Failed

How JSV Clinic Can Help

Our approach begins by targeting and eliminating harmful bacteria, like those involved in SIBO, using potent natural herbal remedies. These remedies have demonstrated over 90% efficacy in killing these bad bacteria, addressing the root cause rather than just managing symptoms.

A common misconception is that adding fibers, such as isabgol (psyllium husk), can relieve constipation by bulking up the stool. However, in the presence of SIBO, this can actually worsen the condition. SIBO bacteria feed on fibers, using them as a fuel source to grow, leading to increased gas, bloating, and exacerbated constipation. When fiber is introduced before eliminating SIBO, it essentially provides these bad bacteria with a “gala meal,” allowing them to proliferate and intensify symptoms.

At JSV Clinic, we emphasize the importance of timing when it comes to fiber intake. The first step is to eradicate the bad bacteria and then introduce beneficial bacteria through probiotics. Once the gut environment is balanced, fiber is carefully reintroduced. The primary role of fiber is to produce short-chain fatty acids (SCFAs) in the presence of good bacteria, which in turn promotes serotonin production. Serotonin plays a crucial role in enhancing intestinal motility, naturally alleviating constipation. Moreover, our diet plans are meticulously designed to avoid foods that could exacerbate gas, bloating, or feed bad bacteria, ensuring a comprehensive approach to gut health. This holistic strategy is what makes JSV Clinic unique

Conventional vs Natural

Conventional approach to Diarrhoea (IBS D)

Managing IBS-related diarrhea often involves prescribing antispasmodic medications and anti-anxiety drugs like benzodiazepines. These treatments aim to reduce symptoms but fail to address the root cause. Antibacterial medications can provide some relief by targeting SIBO, but they also kill good bacteria, disrupting the gut's delicate balance. Moreover, the overuse of antibiotics has led to antibiotic resistance, making it harder to fully eradicate the bad bacteria. Without proper supplementation of good bacteria after treatment, the gut environment remains compromised, leading to recurring issues. This approach highlights the limitations of conventional medicine in treating IBS-D.

How JSV Clinic Can Help

The first step in managing IBS-D is to target SIBO using specialized herbal remedies. These natural treatments can alleviate symptoms like frequent bowel movements, urgency, spasmodic pain, and loose stools in up to 90% of cases. The clinic emphasizes the importance of timing when it comes to introducing good bacterial supplements or probiotics. If these are introduced too early, while SIBO is still present, the bad and good bacteria can conflict in the gut, leading to issues like bloating and gas. By carefully timing the introduction of these supplements, JSV Clinic ensures a more effective and smoother recovery process.

Conventional vs Natural

Conventional approach to IBD

When IBS in any form is not controlled, such as when SIBO infections are left unchecked, it can lead to the development of ulcerations in the gut, progressing to IBD. Ulcerative colitis and Crohn's disease, though distinct conditions, are essentially "brothers from the same mother," as they share similar pathologies and are managed with the same treatments in conventional medicine. Typically, IBD is treated with a range of medications, including corticosteroids like Omnicort, immunosuppressants such as mesalazine or azathioprine, and antibiotics like rifampicin. Antidepressants are also often prescribed to manage associated mental health issues.

However, these treatments often fall short in addressing the root cause. Immunosuppressants, while effective in controlling inflammation, do not cure the disease; they merely suppress the immune response and must be taken for life. Even then, they often only partially alleviate symptoms. For instance, a person might experience a reduction in diarrhea from 15 times a day to 5 or 6 times, but the discomfort and urgency often persist in the background. Antibiotics also face significant limitations due to increasing antibiotic resistance, making them less effective in completely eradicating infections associated with IBD.

How JSV Clinic Can Help

Conventional vs Natural

How JSV Clinic Can Help

At JSV Clinic, we recognize that managing IBD—whether it be ulcerative colitis or Crohn’s disease—requires a more holistic and root-cause approach than what conventional medicine typically offers. We understand that IBD often develops when underlying issues like SIBO and other gut imbalances are left untreated, leading to chronic inflammation and ulceration of the gut lining. Notably, ulcerative colitis and Crohn’s disease are essentially “brothers from the same mother,” sharing similar management and treatment strategies in conventional medicine.

Targeting the Root Cause

Our first step is to address the root cause of inflammation. We use a specialized combination of natural herbal remedies to target and eradicate harmful bacteria, such as SIBO, that contribute to the chronic inflammation seen in IBD. These herbs are carefully selected for their anti-inflammatory and antimicrobial properties, providing a safer and more effective alternative to conventional antibiotics, which often lose efficacy due to antibiotic resistance

Conventional vs Natural

How JSV Clinic Can Help

Dietary Strategies:

Diet plays a crucial role in managing IBD at JSV Clinic. We design personalized dietary plans that not only support the healing process but also prevent flare-ups. Our diet recommendations are carefully crafted to avoid foods that could feed bad bacteria or cause irritation to the already inflamed gut lining. Instead, we focus on foods that promote the growth of beneficial bacteria, aid in digestion, and reduce symptoms like gas and bloating.

Long-Term Management:

Our approach doesn't stop at symptom management; we aim for long-term remission. By continuously monitoring and adjusting the treatment plan—including herbal remedies, probiotics, and diet—we work to keep inflammation in check, prevent relapses, and maintain gut health. Our comprehensive approach ensures that symptoms like frequency, urgency, and loose stools are not just reduced but are managed effectively to improve the overall quality of life.



JSV CLINIC

Start your Journey to Vitality Today !

Lets work together to restore
your health
naturally and holistically.

Way to connect



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JSV CLINIC