

Raw Organic Dark Chocolate; Can It Really Be Used To Treat Irritable Bowel Syndrome?

Often there are rules which need to be changed. The old rule of thumb that chocolate was bad for an irritated colon, may not be true. We must first discern the difference between cooked alkalized chocolate and magnesium rich raw organic chocolate. This article is only talking about an organic dark chocolate called Xocai. The main idea is that raw cacao can help irritable bowel syndrome sufferers.

In gastroenterology, irritable bowel syndrome (IBS) or spastic colon is a functional bowel disorder characterized by abdominal pain and changes in bowel habits which are not associated with any abnormalities seen on routine clinical testing. It is fairly common and makes up 20–50% of visits to gastroenterologists. Lower abdominal pain, and bloating associated with alteration of bowel habits and abdominal discomfort relieved with defecation are the most frequent symptoms.

Most agree that magnesium citrate can give relief to IBS sufferers.

Magnesium citrate is a chemical agent used medicinally as a saline laxative and to empty the bowel prior to a surgery or colonoscopy. It is available over the counter, both as a generic brand or under the brand name Citromag or Citroma. It is also used as a magnesium supplement in pills. The magnesium content of magnesium citrate. The dosage is sometimes given to 150mgs to 300mgs.

It is here that we must understand that food as medicine is far better than chemicals as medicine. In two tablespoons of raw organic dark chocolate there are 160mgs to 170mgs. I want to recommend Xocai organic dark chocolate as a remedy for IBS sufferers. Try it! It works.

<http://itsasmarterchocolate.com>

Attached Image: itsasmarterchocolate2.jpg

