



## What Makes IBS Worse? 7 Things You Do When You're Stressed That Can Cause Flare-Ups

By [CAROLYN STEBER](#) | a month ago | [f](#)



Andrew Zaeh for Bustle

If you have IBS, it'll be so important to take your time while eating, in order to prevent a flare-up. "Eating in a hurry can aggravate IBS because we're not allowing time for our bodies to send and process signals," **health expert Jasmine Talei of AuraSpa** tells Bustle.

"We're not able to produce digestive enzymes to break down our food properly and we have difficulty absorbing the nutrients from our meals." And, she adds, malabsorption can play a significant role in IBS. To break this habit, make a point of scheduling time to eat into your day, and then sitting down to actually enjoy what you're having. While it can't always be helped, try to avoid eating on the go, and rushing through lunch breaks, in order to keep your gut happy."