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Second Edition

Sandie Harrison and David Milner

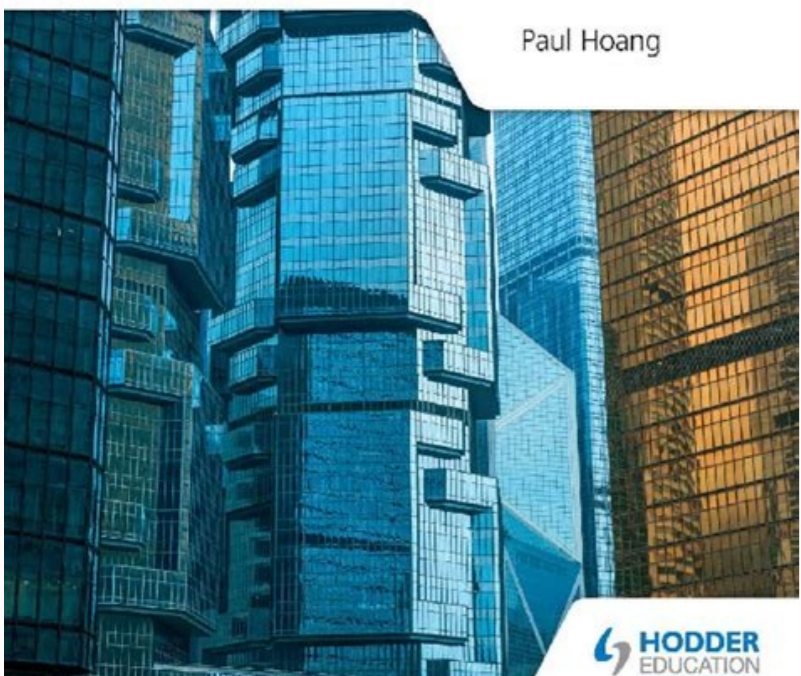


## Business Management

Study and Revision Guide

FOR THE  
IB DIPLOMA

Paul Hoang



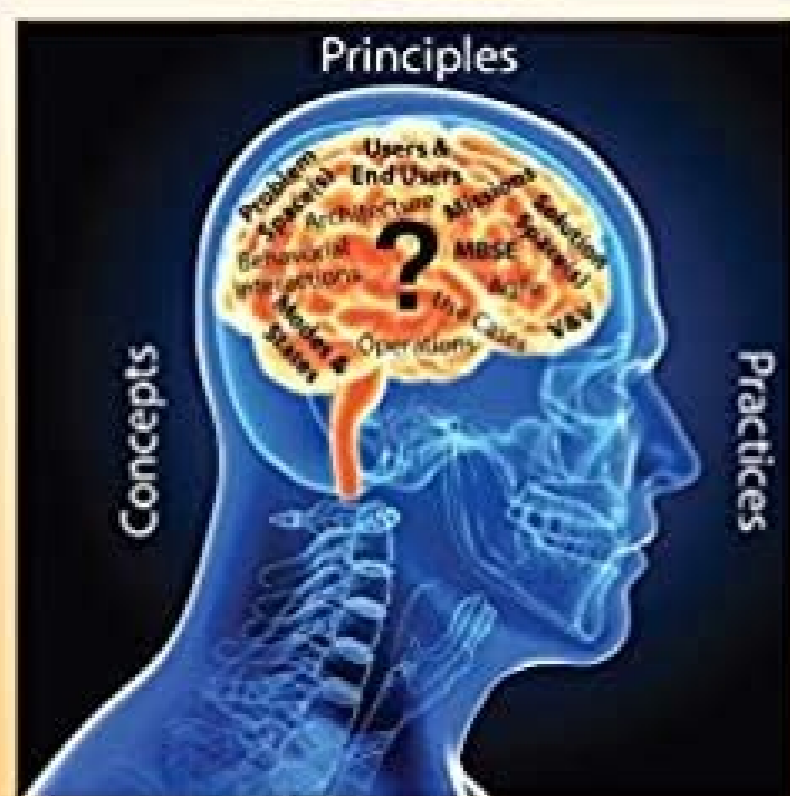
Wiley Series in Systems Engineering and Management

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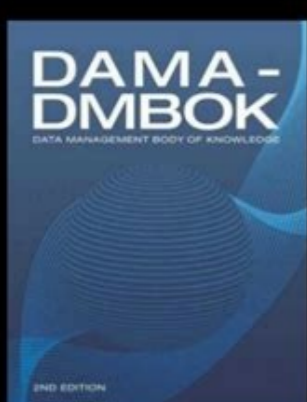
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Foreword by Norman R. Augustine  
Former Chairman and CEO - Lockheed Martin Corporation  
Former Under Secretary of the Army  
Former Member of Princeton Engineering Faculty



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However, the unknown remains as to their long-term effects. Doctors recommend avoiding caffeine, staying properly hydrated, getting more fiber in your diet, limiting dairy, and not smoking along with keeping a diary that seem to trigger bouts of IBS. Cognitive behavioral therapy helps individuals regain personal skills and develop mental techniques to manage symptoms. Written in clear, accessible English (for students who are not mother-tongue speakers). In fact, 75% said they found relief in their symptoms. He is the author of numerous Business and Management textbooks. This inflammation is thought to be associated with cases in which IBS was preceded by a bout of gastroenteritis, the condition classified as IBS-PI. Peppermint has long been used to treat digestive problems and is known for reducing intestinal gas. Other names for IBS include irritable colon and spastic colitis. This is due to an increased number of outpatient health care visits, diagnostic tests and surgeries necessary to treat the condition. This chronic condition may have mild symptoms that come and go, or they can be severe. An observational study on 90 patients with IBS following a low FODMAP diet found that abdominal pain and discomfort, as well as constipation, bloating, and bowel urgency, improved. However, there are many who do not seek medical care for their symptoms. Doctors estimate that somewhere between 3 and 20 percent of Americans have some symptoms of IBS, according to Healthline. Hypnosis can be used to help reduce discomfort. DESCRIPTION Designed for class use and independent study, Business Management for the IB Diploma (Second Edition) is tailored to the thematic requirements and assessment objectives of the IB syllabus.Business Management for the IB Diploma (Second Edition) includes learning objectives and summaries; integrated Theory of Knowledge material; text in clear sections, following the IB syllabus structure and content specifications; clear, accessible English for students whose first language is not English; exam-style practice questions; and chapter assessment and exam techniques sections too. Written by two practicing Business Management teachers, Peter Stimpson and Alex Smith, it features the following topics: Business organisation and environment; Human resource management; Finance and accounts; Marketing; Operations management. "Ginger root contains powerful digestive enzymes that may help to relieve nausea, while also offering mild anti-inflammatory properties to ease abdominal pain, discomfort, and the intestinal cramping and inflammation associated with diarrhea," says Dr. Keller. He has been an examiner and also trains international teachers. Marketing 4.1. The role of marketing 4.2. Marketing planning (including introduction to the four Ps) 4.3. Sales forecasting (HL only) 4.4. Market research 4.5. The four Ps (product, price, promotion, place) 4.6. The extended marketing mix of seven Ps (HL only) 4.7. International marketing (HL only) 4.8. E-commerce Unit 5. Small intestine bacterial overgrowth (SIBO) occurs when bacteria usually found in the large intestine overgrows in the small intestine. Medications can be helpful in managing the effects of IBS. In Western countries, IBS affects 10 to 20% of the adult population and is twice as common for women. As our bodies respond to both internal and external stressors, practices such as deep breathing, meditation, and relaxation exercises can help in managing symptoms. Clear essay-writing and exam guidance. Depending on the severity of symptoms, there are several home remedies that may ease some of your discomforts. Finance and Accounts: 3.1. Sources of finance 3.2. Costs and revenues 3.3. Break-even analysis 3.4. Final accounts (some HL only) 3.5. Profitability and liquidity ratio analysis 3.6. Efficiency ratio analysis (HL only) 3.7. Cash flow 3.8. Investment appraisal (some HL only) 3.9. Budgets (HL only) Unit 4. AUTHOR(S) Alex Smith teaches Economics and Business and Management at Sevenoaks School, one of the UK's leading IB schools. However, not all studies on consuming low FODMAP have concluded the same results, and therefore more research on its long-term effects is required. The IBSsmart blood test measures anti-CdtB and anti-vinculin antibodies, biomarkers that can distinguish IBS from inflammatory bowel disease, such as Crohn's Disease. "It's easy to add fresh ginger root to your meals, with crystallized ginger also a convenient remedy." You can also make your own ginger tea by grating the root into hot water before straining and adding honey for a dash of sweetness. On the other hand, some find that smaller, frequent meals are less stressful on the digestive tract and promote better bowel regularity. A more recent theory suggests that IBS may involve chemicals created by the body that control nerve signals between the digestive tract and the brain. Operations Management: 5.1. The role of operations management 5.2. Production methods 5.3. Lean production and quality management (HL only) 5.4. Location 5.5. Production planning (HL only) 5.6. Research and development (HL only) 5.7. Crisis management and contingency planning (HL only) Examination Skills Index. In fact, one in nine people who experience food poisoning develop IBS, says Dr. Keller. First polyols, which are found within FODMAP (fermentable oligosaccharides, disaccharides, monosaccharides, and polyols), are short-chain carbohydrates and are closely linked with symptoms of IBS. It is sometimes considered a potential cause of IBS. Another popular method is adopting a low-FODMAP diet. A randomized trial with patients suffering from IBS found that an 8-week treatment of small-intestinal-release peppermint oil reduced symptoms of abdominal pain, discomfort, and the severity of IBS. Chinese herbal therapy, acupuncture, mindfulness meditation and yoga may be helpful to IBS patients, as well. "Clinically as an epigenetic intuitive, I've seen probiotics contributing to the problem and I recommend pausing them at least 21 days to find out." Daily probiotics in supplement form, as well as in food such as yogurts and even in drinks may be contributing to your issues. It's also more common for women to have IBS than men.What Are Symptoms of IBS?The signs of IBS tend to vary for everyone, states the Mayo Clinic. Many foods can trigger IBS, such as gluten, carbonated drinks, fried foods, and dairy. Peter Stimpson has over 30 years' experience in teaching Business Studies and Economics. Although there is no definitive reason as to why people are affected by IBS, there are a number of remedies that can ease symptoms including peppermint oil, spacing out meals, and watching what food additives you consume. In short, more focus is being placed on the role of gut bacteria and the bacterial makeup of IBS patients who do not have the disorder to understand if bacteria in the small intestine contributes to IBS. There may be times when symptoms pop up, as well as periods of remission (when symptoms ease up or disappear altogether). MORE FROM QUESTIONSANSWERED.NET Look Inside ISBN:97811107464377 Format:Paperback Subject(s):Business Studies Qualification:IB Diploma Author(s):Peter Stimpson, Alex Smith Available from: March 2015 A comprehensive second edition of Business Management for the IB Diploma, revised for first teaching in 2014. Watch what happens after you consume dairy products, citrus, wheat, beans, cabbage and carbonated drinks.Because women are more likely to have IBS, hormonal shifts that accompany menstruation could also bring on more digestive symptoms.If your stress level climbs, you might also find that your IBS symptoms become aggravated.IBS Treatment OptionsYour doctor will treat IBS according to the severity of your symptoms, explains the International Foundation for Gastrointestinal Disorders.Mild to moderate symptoms will often improve with monitoring the amount of dairy products you consume and trying to manage your stress more effectively.If your symptoms are severe, your doctor might recommend drug therapy to manage bowel symptoms and antidepressants to help with the pain. The causes of IBS are complex and still evolving. These options may help you naturally manage your IBS. Mucus in the stool is another sign of IBS.It's typical for people with IBS to experience symptoms that go from mild to severe and then back again.Causes of IBSDoctors aren't sure exactly why IBS happens, but the disorder is tied to a few common factors, explains the Mayo Clinic.If you have any issues with digestive system nerves, you might be more likely to experience IBS symptoms.A severe bout of gastroenteritis may also lead to IBS, because this disorder could be connected with extra amounts of bacteria being present in the intestines.Sometimes extra immune-system cells located in the intestines can cause inflammation, which could lead to IBS symptoms.Common Triggers of IBSThe Mayo Clinic warns that after an IBS diagnosis, you'll want to watch for triggers that might bring on symptoms.Certain foods might make symptoms worse for you. Bloating and excess gas are other signs of IBS. IBS is second only to the common cold as the top reason employees are absent from work.Symptoms of IBSIBS is a disorder affecting the colon, small intestine and bowel. But, if your symptoms persist or worsen, you should see a healthcare provider for an accurate diagnosis and treatment options. That's because with multiple strains available, finding the right version for you can take trial and error. He has taught IB Business Management and Economics for over 20 years and is an experienced examiner. Here is a closer look at some of the things that can contribute to IBS symptoms. "Peppermint tea and/or a concentrated oil can be soothing for those with abdominal pain/discomfort," says Dr. Keller. If you are still experiencing gastrointestinal discomfort after 4 weeks on a probiotic, research suggests switching to a different strain until benefits are evident. Evidence of low-grade chronic inflammation on a cellular level in some individuals who suffer from IBS is beginning to build. For instance, avoid inhaling additional air when drinking with a straw or eating as it can increase the likelihood of bloating and intestinal gas. Many people with IBS benefit from spaced-out meals, as well as intermittent fasting. Allowing 4 hours between meals has been found to optimize the gut's cleaning wave function, according to Dr. Keller. Women are more affected by it than men, and most people get the condition somewhere between their mid-teens and 40 years of age, according to WebMD. It may not come as a surprise then that IBS is one of the most common functional gastrointestinal (GI) disorders seen by physicians within the U.S. and worldwide, says Melanie Keller, ND, a naturopathic doctor and epigenetic intuitive. Talk with your doctor before starting a medication regimen to help lessen the painful problems associated with IBS.Less Traditional Methods of Treating IBSSome patients have found relief from IBS through counseling. MORE FROM QUESTIONSANSWERED.NET Irritable bowel syndrome (IBS) is a condition where abdominal pain is paired with bowel problems. Through food elimination, you may be able to identify such triggers. They also can offer suitable lifestyle adjustments to help you manage the symptoms of your IBS. Symptoms of IBS include diarrhea (often violent episodes), constipation, belly cramps or pain (usually in the lower belly, and worse after a meal), lots of gas and bloating, harder or looser stools than normal and a protruding belly. There also seems to be a correlation between IBS and previous traumatic events, like an infection or trauma. One of the most common causes of IBS is food poisoning. "The most problematic food additives are non-absorbed sugars such as sorbitol and sucralose." Also, Dr. Keller suggests stopping the intake of stevia as it can interrupt the cleaning wave of the gut, which is called the migrating motor complex. Cognitive-behavioral therapy is helpful for some people too. One study suggests that managing stress and triggers to stress is one approach to treat IBS. "The development of IBS is linked to changes in the gut bacteria and therefore foods that are poorly digested only make things worse," says Dr. Pimentel. Doing so can prevent an overgrowth of bacteria in the small intestine. The development of IBS is linked to changes in the gut bacteria and therefore foods that are poorly digested only make things worse. "Peppermint] may also be used to make a compress that can be applied to the abdomen." Ginger has long been hailed for its host of health benefits, including nausea relief, pain reduction, and its ability to calm an upset stomach. Exam-practice style exercises. However, though it may not be seen during routine diagnostic testing, it may still be involved. A study on psychological stress and IBS points to growing evidence that the condition is a stress-sensitive disorder, and a link between brain and gut is contributing to flare-ups known as irritable bowel and irritable brain. It is possible that genetics might play a role. Here are some common signs and symptoms of IBS.Experiencing pain in the abdomen especially with regard to bowel movementsNoticing changes in bowel habits including diarrhea, constipation, or sometimes bothFeeling that you have not completed a bowel movementHaving whitish mucous in your stoolNoticing an increase in symptoms around your menstrual cycle if you have oneTo diagnose IBS, a healthcare provider will look for a pattern in your symptoms over time. "Post-infectious irritable bowel syndrome (PI-IBS) is a form of IBS caused by food poisoning and almost always has a diarrheal component," she adds. Key questions and summaries.Text divided into clear sections, following the IB syllabus structure and content specifications. In many cases, pinpointing the exact cause can be a challenge. What Causes IBS?Medical experts aren't certain what causes IBS. By definition, IBS does not present with visible inflammation. A systematic review and meta-analysis of over 21,400 patients with enteritis (caused by bacteria or virus-contaminated food or drinks) found that the risk of IBS was four times higher compared to those without infectious enteritis. This eating plan is still nutritionally dense, yet reduces many short-chain carbohydrates that can increase digestive symptoms. "Worldwide, it affects almost 1 billion people, although there are varying degrees in the severity of IBS and a variation in symptoms," explains Mark Pimentel, MD a gastroenterologist and associate professor of gastroenterology at Cedars-Sinai in Los Angeles, California. Human Resource Management: 2.1. Functions and evolution of human resource management 2.2. Organisational structure 2.3. Leadership and management 2.4. Motivation 2.5. Organisational (corporate) culture (HL only) 2.6. Industrial/employee relations (HL only) Unit 3. Although probiotics are promoted for their benefits in restoring gut flora, they can sometimes alter your unique microbiota in unfavorable ways. "Functional disorders are conditions when there is an absence of structural or biochemical abnormalities on common diagnostic tests that could explain symptoms," says Dr. Keller. "Among the patients who do seek care, about 40% have mild IBS, 35% moderate IBS, and 25% severe IBS." Not everyone experiences IBS in the same ways. Some people also experience diarrhea or constipation, and it's also possible to go back and forth between the two. The latter is caused by microorganisms with methane (methanogens) can also overgrow in the small bowel or colon and lead to constipation. — Mark Pimentel, MD Also, the consumption of processed food has only risen in recent decades, suggesting that alterations to food additive-induced microbiota may be a growing cause of IBS in Western countries. Contents FEATURES Tailored to thematic requirements (NB) and assessment objectives of the International Baccalaureate Organisation's syllabus.Key Theory of Knowledge exercises built into the methodology/text. Another consideration is watching how much air you take in while eating or drinking. Want more? Because IBS is a chronic disorder, it lasts a long time with symptoms often coming and going. If your symptoms do not get better with diet and lifestyle changes, you should see a healthcare provider for evaluation. Author(s) Course Changes CONTENTS Unit 1. "Both conditions [SIBO and IMO] can be diagnosed with a simple breath test and there are options available for treatment," she says. Irritable Bowel Syndrome (IBS) is a chronic disorder that comes with a list of unpleasant symptoms including abdominal pain, bloating, cramping, and fluctuations between constipation and diarrhea. You also should see a healthcare provider if:You notice changes in your stool like blood, pus, or tar-like appearance.Your symptoms seem to have come out of nowhere over the past few weeks.You experience unexplained weight loss, fever, or diarrhea.Your pain wakes you up at night or interferes with your day-to-day life.You are over the age of 50. Although most studies on the effects of food additives have yet to be performed on humans, evidence suggests that artificial sweeteners can exacerbate IBS. Co-written by practising IB Business and Management teachers and reviewed by academic experts in the field. Because IBS occurs more often in women than men, some researchers are looking to see if hormones play a role in the development of IBS.Treating IBSFor many individuals, a change in lifestyle combined with medication helps manage the pain of IBS. A magnitude of factors can contribute to IBS, some of which are more prevalent than others. Crohn's disease has been found to cause ongoing severe inflammation of the gut, according to Dr. Pimentel. "The most common symptoms of SIBO are persistent abdominal pain, cramping, gas, bloating, and diarrhea, with those experiencing constipation possibly due to intestinal methanogenic overgrowth (IMO)," says Dr. Keller. Foods on the list include bananas, raspberries, olives, rice, oats, and some cheeses. Psychological stresses have an impact on intestinal sensitivity among other gut functions including alterations in gastrointestinal microbiota. Symptoms can change over time. A second-generation antibody blood test called IBSsmart can confirm this. The most typical symptoms are abdominal pain and cramping. Business Organisation and Environment: 1.1. Introduction to business management 1.2. Types of organisations 1.3. Organisational objectives 1.4. Stakeholders 1.5. External environment 1.6. Growth and evolution 1.7. Organisational planning tools (HL only) Unit 2. The good news is that it's possible to manage your symptoms with some lifestyle changes.What Is IBS?IBS is a disorder that involves the large intestine. Advanced embedding details, examples, and help! If you're plagued by irritable bowel syndrome, you'll likely be experiencing some uncomfortable symptoms. If your symptoms are severe, do not hesitate to contact a healthcare provider who can advise what medical treatments are available. IBS can be a long-lasting problem that changes how you live your life, and can be a costly burden. Finding a way to ease the pain associated with IBS can help those affected lead much happier lives.Introduction to IBSIBS is a non-life-threatening condition that affects between 25 and 45 million American adults, according to the International Foundation for Gastrointestinal Disorders. "SIBO is an overgrowth of 'good' bacteria that are getting stuck in the small intestine and haven't moved into the large intestine where they are our friends," explains Dr. Keller.

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