

# Irritable Bowel Syndrome Causes and Home Remedies

**T**he **irritable Bowel Syndrome** (IBS) is a disorder may be triggered by the fast response of the food and the tension. It is simultaneously characterized by the blotting, constipation, abdominal pain and **diarrhea**. It is securely described as the illness which results in the distress and pain. Though, it is not so threat for us as we can claim cancer. It is not a serious problem due to the fact that it can temporarily affect the intestinal tract. We can commonly manage the condition of bowel syndrome by practicing some diet and performing meditation or taking exercise.



## Pancreatitis

Pancreas is a tube-shaped organ, situated behind the stomach. Its head pushes the ideal side while its tail extends to the left side of the body. Conditions like long-term intake of alcohol and gallstones triggers the swelling of pancreas. Such disorder is medically explained by the term pancreatitis.

## Treatment: One of the Best Methods to Minimize Coughing is to Swish With Salt Water

This might supply instant relief from regular episodes of cough. Use of OTC cough syrups might likewise help to ease a bad cough. However, you have to attend to the underlying reason for cough to get lasting relief.

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**Types of Colitis** Colitis is an unfortunate condition that affects many people at some point or the other. Often mistaken for IBS (Irritable Bowel Syndrome), colitis is swelling of the colon which can have many causes. Irritable Bowel Syndrome, or IBS, with...

Apart from these, other possible causes of abdominal pain on the lower left side are urinary tract infection (UTI), lactose intolerance, ulcerative colitis, pyelonephritis, ovarian cysts, fibroids, endometriosis, etc

## To Prevent Any Kind of Liver Damage, One can Follow Some Easy and Effective Suggestions

Alcohol is thought about to be the significant reason behind liver damage. Alcoholic liver diseases are generally noticed when they reach sophisticated levels as they show really less to no symptoms. This makes it very challenging to cure. So the best thing one can do is to decrease the intake of alcohol. Keep your body hydrated by consuming a lot of fluids.

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