

Left Side Back Pain Causes

Back pain can cause a lot of discomfort and can even prevent the person from doing his daily activities. It can be a dull and mild ache that lasts for a long period, or a severe, unbearable pain that comes suddenly and may last for a number of minutes or hours. In small cases, sitting or sleeping in improper position for a long time is the common reason for backache.



Irritable Bowel Syndrome

Another reason behind tightness and pain in stomach is a condition known as irritable bowel syndrome. It is a condition of the intestines in which the large intestine does not function effectively.

Besides a tight stomach, other symptoms of this condition are queasiness, bloating, stomach pain, gas, [constipation](#) or [diarrhea](#).

- Irritable Bowel Syndrome (IBS): This is one of the key causes.
- This is set off by irregular contractions of the intestines.
- As a result, one experiences severe diarrhea over a period of time.
- In such cases diarrhea and irregularity occur alternately.

IBS during the stage of pregnancy is a very annoying condition that the majority of women are experiencing. That is why it is important for women to determine the factors about irritable bowel syndrome before getting pregnant. It is best to have the exact awareness and tips on how to deal with this condition efficiently. There countless kinds of treatments available to deal with the IBS symptoms during pregnancy. It is very important for an expectant-mom to perform the right exercises for pregnant mother and drink enough healthy fluids to help prevent the signs.

Sacroiliac Joint Pain

The sacroiliac joint is located in the pelvic girdle in the lower back. Trauma, inflammatory joint disease, hormonal issues, etc., can lead to the sacroiliac joint pain. Neck and back pain above waist, stiffness, aching, etc., are the signs of this condition.

Bentonite Clay

Bentonite clay is included in the FDA's famous GRAS list (' Generally Recognized as Safe'). Bentonite clay is nothing but the weathered ashes which is rich in crucial minerals. Bentonite when mixed with water, creates and maintains a very strong electromagnetic field, which enables it to attract and hold unwanted and hazardous substances, that have to be thrown out of the body. Its incredible negative pulling power comes from its particles which have their large surface areas negative-polarized and the edges positive-polarized. Thus, negative electrical attraction for positively-charged particles is the characteristic home of this clay.



Irritable Bowel Syndrome Ibs Constipation Diarrhea

In Stool

Lots of pregnant women complain about the condition. There may be numerous reasons, such as irritable bowel syndrome, parasitic infection, ulcerative colitis, anal fissure, bowel obstruction, and bacterial infection.

Signs in Children

Symptoms to be watched out include stomachache, which occurs with an occasional frequency, and not very often. Parents should observe if their kids are suffering from constipation (irregular and infrequent, or hard bowel movement, identified by hard stools) or diarrhea (frequent and watery bowel movements). A feeling of not being able to empty the bowel totally is also another symptom. Abdominal cramps, mucous in stools, and an experience of gas being trapped inside the gastrointestinal system, are the other common symptoms. These signs may turn out to be moderate for some children, and severe for others.

Aloe Vera

Slit the aloe vera leaf from the center, and remove the pulp present inside. Make a juice of this pulp, and drink it daily in the morning. This cleans the digestive system and gets rid of all irritable bowel syndrome-related problems.

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