

Natural Treatments for Irritable Bowel Syndrome

Irritable bowel syndrome (IBS) encompasses a group of health conditions, which causes pain and discomfort in the gastrointestinal tract. The most common symptoms of IBS include abdominal pain, stomach pain, bloating, constipation, and diarrhea. It is estimated that one out of every five Americans deals with the signs of this syndrome. Though IBS disturbs the typical day-to-day activities, it rarely causes long-term health complications.



Crohn's Disease: Crohn's Disease is a Common Cause of Colitis

Crohn's disease is a condition which affects the whole of the digestive tract and this means that it can cause more varied symptoms and side effects. In some cases Crohn's disease can cause serious complications as the immune system is malfunctioning and the body is no longer able to absorb nutrients to the same degree. Crohn's illness treatment is also more complicated. Corticosteroids may be used to reduce swelling, but can not be used for prolonged periods due to negative effects. Likewise surgery is not a cure since course the whole of the of the digestive system can not possible be removed.

Costochondritis

Costochondritis is a condition where the cartilages connecting the ribs with the breast bone are infected and irritated. It is caused due to a viral infection, and it causes sharp gnawing pain under the left rib cage, more so while breathing deeply. The symptoms of costochondritis are often confused with that of a heart attack. Medical examination can help detect the circumstance.

Laxative Use

Excessive use of laxatives also results in green bowels. This is since the laxative causes the bowels motions to happen very quickly, thereby causing the bowel to end up with discolored wastes.

- Other Causes: Some infections caused by protozoan parasites giardiasis and amoebiasis can be responsible for this condition.
- Some other underlying health problems like gallbladder disease, liver disease, diabetes, and poor nutrition are the other extreme diarrhea triggers.
- Barrett's Esophagus: It is an issue of GERD.
- Individuals dealing with Barrett's Esophagus are at a high risk of suffering from esophageal cancer.



IbsConstipationDiarrheaIrritable Bowel Syndrome

- Celiac Disease: It is an autoimmune disorder, affecting the small intestine.
- People experience severe side effects on taking in gluten-containing foods.
- Crohn's Disease: It is an inflammatory bowel disease (IBD), characterized by inflammation in the lining of the digestive tract.
- Genetics and improper functioning of the immune system are believed to be the possible causes.

Gastrointestinal Issues

The gastrointestinal disorders may add to cause, or be the sole cause of causing severe pain in the flank region. Peptic ulcers, food poisoning, gastroenteritis, and Irritable Bowel Syndrome (IBS) are a few of the major offenders to affect the area. Primarily, it is when your digestive system suffers a persistent disorientation that neck and back pain, resulting in discomfort in the region, may occur. Nausea, feeling lightheaded, regurgitation, and acid reflux are the accompanying symptoms.

Advantages

Licorice roots are otherwise known as sweet wood, sweet root, black sugar, and liquorice. The most common use of licorice root is for dealing with respiratory problems, like bronchitis and asthma. It is also widely used as an expectorant, and is an active ingredient in cough syrups. It is found to be effective for relieving the symptoms of allergic conditions, like hay fever and allergic rhinitis.

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