

# Nervous Breakdown Symptoms and Treatment

To put it simply, nervous breakdown occurs when a person breaks down under pressure. It is like all the circuits going haywire causing physical, mental and emotional overload. The person dealing with a nervous breakdown finds it difficult to work at a normal level temporarily. Each individual has a threshold limit, under which he or she breakdowns or simply 'snaps'. Even though one may be on the verge of nervous breakdown, it does not necessarily imply, s/he might have a complete worried breakdown.

- Third: By packing in fiber, the food you eat is less calorically thick.
- The fiber fills you up, and performs its important functions, but ISNT absorbed by the body to turn into extra calories and fat.

**Diarrhea** can be dealt with by avoiding refined flour, refined sugar, caffeine, hydrogenated fats. Generally, due to diarrhea, dehydration can take place for that reason consumption of more and more liquids ought to be increased. Some individuals also use an amino acid called L-Glutamine to check diarrhea but it should not be used by kidney patients. **Constipation** can also be managed by increasing the consumption of vitamin C. consuming a minimum of 8-10 glasses of water helps prevention of constipation together with eating lots and lots of carbohydrates that are complex in nature contains no starch.

Hypoactive noises may happen for a short time after the use of certain medications.

**They can be Heard After Abdominal Surgery.**

Constipation is a common cause of reduced or no bowel sounds.

## Absent Bowel Sounds

There might be a couple of cases wherein abdominal sounds may be completely absent. One can not say that bowel sounds are missing unless and until no sounds are heard from the abdomen on auscultation for a minimum of three minutes.



Constipation Irritable Bowel Syndrome Ibs Diarrhea

## Menopause

When a woman is approaching her menopause, she may have missed out on durations, light periods or heavy periods. This phase is often refer to as perimenopause where the levels of reproductive hormones start going down and the menstruation schedule becomes irregular. It is absolutely normal condition and does not require any treatment.

- Adults are recommended to take in between 25 and 40 grams of fiber daily, depending on age, sex, and other factors.
- Now that you know how important fibers are for sound health, you should adopt a proper diet.
- Include the foods including the required fiber in your meal.
- The easiest and the best way is to have salads (fruit or vegetable) along with food.
- Shift to this diet and feel the difference.

**Wrong Diet:** Unhealthy way of life and incorrect diet are the main causes of impaired colon function. Eating junk food, highly processed food, and canned food can impair the colon function. Likewise, not consuming at regular intervals, late night eating, overeating, eating heavy foods (rich in fat), can disrupt the digestive system function. Bulkier stool passes easily through colon and rectum. Increasing the intake of dietary fiber is vital to make the stool bulkier. A healthy high fiber diet that contains lots of fruits and vegetables is necessary for proper functioning of the digestive system. This can improves your overall health.

## Particular Studies Show that Tension and Irritable Bowel Syndrome(IBS) are Co-Related

One of the signs of **IBS** is diarrhea. It is found that 60% of the people suffering from Irritable Bowel Syndrome, have associated psychiatric disorders which cause stress and anxiety in the person.

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