

## Pain Around Belly Button

Persistent pain around belly button (navel) certainly can not be ignored and is often related to issues associated with the small and the large intestines. The pain typically worsens when doing extending exercises. Activities like bending, leaning or jumping while playing basketball and even sneezing hard, put extreme pressure on the stomach and abdominal muscles, which can aggravate existing navel discomfort.



**Irritable Bowel Syndrome (IBS):** This can be described as abnormal functioning of the bowel. Due to this problem, the intestines fail to contract effectively to promote bowel movements. As a result, one gets **diarrhea** and **constipation** alternately. Irritable bowel syndrome makes the intestines extremely sensitive to gas and causes stomach pain, cramps, bloating, etc. Irritable bowel syndrome in children can not be cured totally, but its symptoms can be treated with the help of suitable medicines and dietary changes.

### Spicy Foods

Fatty foods.

### Junk Food

Sugary foods.

### Fried Foods

Foods low in natural fibers.

### IBS Treatments

The treatment options range from person to person. Some use a regular colon clean, which flushes away foods and other particles lodged in the digestive system. This makes having a bowel movement an easier task. Some search for information about probiotics since the probiotics aid in digestion health. You can discover probiotics in certain kinds of food because the bacteria naturally occur in some vegetables and fruits. Producers also add probiotics into different pre-packaged goods, including yogurt and some grains, such as rice or bread. Eating these foods might help reduce the symptoms of irritable bowel syndrome and keep your bowel movements regular, even during a flare-up of the condition.

Other possible causes are Crohn's Disease, diverticulitis, hernia, lymphoma, gastroenteritis, abscess, muscular skeletal disorders, prostate infection, sexually transmitted diseases, pelvic adhesions, and even psychological factors like stress. Based on when the pain began, till for how long it lasted, and the kind of pain, treatment will be determined by the health care practitioner.

### Crohn's Disease

Belly button discomfort is common in people affected with this inflammatory bowel disease, a condition in which certain parts of small intestine or large intestine (colon) become irritated. In this condition, the intestinal wall appears badly swollen, in turn narrowing the digestive passage and obstructing the flow of contents through the intestinal tract. Crohn's disease impairs digestion and causes pain around belly button, appetite loss, bowel dysfunction (diarrhea), which eventually leads to fatigue and weight loss.

### Caffeine

Reports suggest that certain beverages can also exacerbate IBS symptoms. Caffeinated drinks such as coffee, hot cocoa, and tea are well-known for irritating the gastrointestinal tract. So, having just a cup of coffee can trigger a significant amount of pain in IBS patients.

- Irregularity: Painful bowel evacuation in which a large stools is removed by damaging the tissue around the anus can cause blood in stool.
- This is because, the delicate tissue may bleed a lot when it rubs against the passing big stool.

Causes: IBS in most cases is caused by food intolerances, use of antibiotics, yeast or other parasites present in raw foods. Other symptoms of IBS can also be caused by the overgrowth of yeast such as Candida and the over growth of bacteria. This results from taking a single antibiotics course. Some people might also get the syndrome form an inflammation of the stomach, bowel linings which cause sickness and diarrhea or after a bout of gastroenteritis. Having knowledge of these causes will help to understand the testing and treatment of IBS symptoms with constipation better.

“



**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...

### Gastritis

Gastritis occurs when the inner lining of the stomach gets irritated. This condition can develop due to trauma, having excess alcohol, eating spicy foods, etc. Lower abdominal pain and cramps that intensify on having food, nausea, throwing up, etc., are the common symptoms.

“

**Gallbladder problems** such as development of gallstones can also cause pain that originates from the upper right abdominal area and remains confined around the navel area. The term gallstones refers to strong crystallized matter that forms gradually over a period of time in the gallbladder. The gallbladder found below the liver collects the bile (digestive juice) from the liver and then empties it, that travels all the way down to the small intestine. The bile promotes breakdown of consumed food, which helps to promote digestion.

Is observed that tiny deposits of cholesterol get separated from the bile and begin to collect in the gallbladder to form larger structures known as gallstones. When these gallstones get removed from the gallbladder and get trapped in the ducts, one may experience sudden pain that shoots from the belly button area to the upper back or shoulder blades. The pain may come and go but in most cases patients feel consistent pain lasting anywhere between 1 to 5 hours. Persistent pain is usually a sign of gallbladder issues rather than stomach problems such as ulcers.



NauseaDiarrheaIrritable Bowel SyndromeConstipation

**Inflammatory Bowel Syndrome:** This is a digestive problem that causes inflammation of the digestive tract wall that may results into diarrhea with blood clots in stool.

**Inflammatory Bowel Disease:** People suffering from inflammatory bowel conditions like ulcerative colitis and Crohn's disease may also show existence of blood in feces. In Crohn's disease, the inflammation is just not restricted superficially but likewise infiltrates the inner layers of the affected bowel tissue. While having meals, the ingested food may scrap the inflamed areas of the bowel and cause slight bleeding. Abdominal pain, diarrhea and cramping are some of the most common symptoms of Crohn's disease. On the other hand, ulcerative colitis is typically marked by development of ulcers or open wounds in the large intestine.

### Hernia

This condition is a result of weak abdominal muscles that are unable to hold internal tissues, causing protrusion of the tissues. The digestive tract tissues are seen bulging outwards (as small lumps) through the weak locations of the abdomen. Lifting heavy things without taking the necessary precautions is the most common reason behind the development of hernia.

### Solutions

The suggested treatment for hard bowel movement is almost similar in adults and children. Most of the tips constitute home remedies and do not require expert intervention. If you find the condition to be serious and unbearable, seek advice from a doctor immediately. If the condition is serious, and if one tends to experience bleeding in the process of defecation, it is a good idea to go to a doctor, as only a doctor will be able to identify the degree of severity of the condition, and recommend the essential medication. This rule applies to both children and adults.

### Stomach Influenza

This is a viral infection in which the lining of the stomach and the intestine are inflamed. In this condition, the digestion goes crazy as the client throws up soon after consuming food. Frequent bouts of vomiting and inability to digest food are the hallmarks of stomach flu. Pain that loiters around the belly button is a common grievance among stomach flu sufferers. Apart from stomach cramps, the onset of diarrhea is also noticed in many patients.

- As currently mentioned above, probiotics assist digestion function in the body and also help in keeping your digestive tract disease free.
- A healthy balance of intestinal bacteria is required for the proper functioning of the body.
- Whenever the population of gut plants reduces, your body ends up being prone to various diseases and infections such as yeast infection, etc.
- You may also experience conditions such as irritable bowel syndrome (IBS) or rheumatoid arthritis as a result of imbalance of gut flora.

Some of the common health benefits of probiotics include:Prebiotics create a hostile environment for harmful bacteria in the gut, thereby promoting the growth of beneficial ones. Prebiotics strengthen the immune system, thereby reducing the incidences of infections. They also aid in better absorption of calcium and magnesium in the body. Besides, they also reduce the risk factors associated with colon and rectal cancer.

**Disclaimer:** Content in this document is an advertisement, therefore it may be biased and should not be considered an objective or independent review. Owner of this document may be compensated when you purchase a product by clicking a link in this document. The views and opinions expressed in this document are purely of the author. Any product claim or other representation about a product or service should be verified with the manufacturer, provider or party in question. Any health information in this document is for educational purposes only and is not intended to replace the advice of your health care provider.