

## Severe Back Pain

**B**ack pain is as common a condition as headache. It can be seen in people of any age group, however, it is more common in middle-aged people. It can be chronic or intense, depending on the cause. Among the various types, the lower neck and back pain is more commonly experienced. Stress and sedentary lifestyle are the most common factors for backache.



### The Common Bowel Problems in Children are Diarrhea and Constipation

Pediatrician consultation and his recommended treatment is essential in such cases. At home, you must encourage your child to drink plenty of fluids and eat fiber-laden foods. In young children, the problem is sometimes difficult to find out due to the fact that of the general abnormality. However, a keen observation is always required to judge the digestive health of a young child. In case of diarrhea or presence of blood in stools, you should immediately seek advice from a pediatrician for needed intervention. If you have established back pain with bowel movements, then constipation, putting in a lot of stress on the motion and infected conditions such as disc herniation that involve neurological damage, are the most probable causes.

### Foods Containing Sugar Substitutes

Used as artificial sweetener, sorbitol and xylitol are found in food items labeled as sugar-free products. Although good alternatives to sugar, sorbitol and xylitol are no easy to digest. The bacteria in the colon have a hard time breaking down sorbitol and xylitol. The breakdown of these artificial sweeteners by the bacteria is slow and moreover causes excessive production of gas. Likewise, bacteria tend to increase in the existence of sorbitol and xylitol, which ultimately leads to bloating and frequent smelly farts. Some of the food items that contain these sugar substitutes are: Check the food label that often point out these artificial sweeteners as sugar alcohols and polyols.

### The Liver is an Organ Which is Metabolically Extremely Active

It is highly important for the survival of the human body. Regardless of all this, the human body can withstand the loss of around 60% of a normal liver. This is because the liver has the ability to regrow itself. Still, any liver problem should not be taken delicately. In case of the occurrence of the aforementioned liver damage symptoms, you should immediately seek advice from a health care professional for required intervention.

- Magnesium is a widely used laxative as it works in two different ways for dealing with constipation.
- Firstly, magnesium helps in attracting water which increases the amount of water in the colon.
- The increased amount of water in the colon assists in softening stools, and make them easy to pass from the intestines.
- Second of all, magnesium assists in unwinding the muscles of the colon or the intestinal tract, makings easier movement of the stools.
- Magnesium citrate, milk of magnesia, magnesium oxide, etc., all helpful in dealing with irregularity.

### What Triggers Diarrhea Coupled With Stomach Pains?

Celiac Illness.



Irritable Bowel Syndrome Nausea

### Celiac Disease is Among the Most Frequently Observed Causes of Diarrhea and Stomach Pains

This disease is associated with the small intestine and is an autoimmune disorder. It can happen in people of any age group. When this happens, stomach ache and diarrhea are seen to take place together. However, some people might suffer from either one of the problem too. There are numerous other symptoms of celiac disease and they differ from person to person.

### Prostatitis

Prostatitis causes pelvic pain on the right side in guys. It is the inflammation of the prostate gland brought on by viral or bacterial infection. Pain in the pelvic area, lower back and lower abdominal areas are the symptoms of prostatitis. In some cases, it can turn chronic and result into a condition known as chronic pelvic pain syndrome (CPPS) or chronic bacterial prostatitis.

### Indigestion

Undigested food produces gas in the intestinal tract, which triggers an uncomfortable feeling in the form of pot belly. Studies reiterate that excess gas built up in the stomach is the most common reason behind big tummy.

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