

## Small Intestine Problems

**H**uman anatomy, the small intestine or small bowel is an important part of the digestive system, in which digestion of food particles and assimilation of nutrients take place. It is located after the stomach and just before the large intestine. The small intestine makes up three parts, viz. duodenum, jejunum, and ileum. As the name goes, it is lower in diameter (about 2.5 cm) than the large intestine. Nonetheless, the length of the small intestine of an adult human steps about 7 meters, which is about five times that of the large intestine.



### Little Intestine Blockage

Blockage in the small intestine or small bowel obstruction can be caused due to external pressure, tumors, or presence of large foreign bodies. Whatever be the cause, an obstruction in the small intestine hampers the normal passage of fluids and waste products to the digestive system. Manifested signs of clog consist of stomach pain, nausea, throwing up, abdominal swelling, and tenderness.

### Aerophagia

An obvious yet often ignored cause is aerophagia, that is, ingestion of air. While speaking or consuming, if we consume too much of air, it leads to excessive belching, in addition to a stomach bloating after eating.

### Finding the Best Probiotic for IBS \*

When you desire relief, you need to find the best probiotic supplements. \* This means taking the time to learn about probiotic supplements and other issues. You should be looking for a reliable, high quality supplement because that will give you the best solution for IBS each and every single time. \* Often, people assume that it's all the same with probiotic supplements. \* IBS victims that have tried this solution will tell you that it really makes a difference when it comes to quality. \*

Russ Vertuno likes to write short articles on detox diets and subjects like solutions for detoxification. "IBS is just one condition that affects your colon health. The top probiotic supplements include a small amount of the bacterium, which increases the amount discovered in your body," says Vertuno.

*Signs: The symptoms include severe pain in the central abdominal area, lumps in the abdomen, sudden weight loss and blood in stool.*

- Treatment: The treatment includes chemotherapy and radiation therapy.
- Surgical removal of the afflicted part of the intestine may be advised.
- However, surgery is recommended only after analyzing the stage of the cancer and the severity of the condition.

### Celiac Disease.

Celiac disease (or coeliac disease) is an autoimmune disease that affects the small intestine. Patients of celiac disease are hypersensitive to specific forms of glycoprotein and gluten protein. Upon direct exposure to these specific proteins, inflammation and damage of the intestinal lining occur, thus leading to nutrient malabsorption and irregular defecation.

### Some of the Things You can Do to Avoid IBS:

Have a stress free life.



DiarrheaConstipationNausea

### Now, that is Something that Might Seem Basic However a Complicated Thing to Achieve

You may not have stress absolutely gone in your life but you can do something to minimize it. Stress is one of the major factors that may cause illness as well as IBS. That is why, stress must be the first one that you would want to get rid of in your life. Simple things such as having a holiday can make tension go away. You might also want to try things such as massage, acupuncture, and health spa or just pay attention to a relaxing music regularly. The need to take your mind off the things that are causing you anxiety is very important and is a great deal of help.

### Treatment.

All diseases and disorders mentioned above can be treated with the aid of different treatment methods. Gastroenteritis, although a serious disease, can be treated with antibiotics. As dehydration due to **diarrhea** is observed during gastroenteritis, one needs to rehydrate the body with water and electrolytes. Irritable bowel syndrome can be slowly controlled with medications, laxatives, and having a fibrous diet. In some cases, alternative therapies like acupuncture or psychotherapy can also be suggested to cure irritable bowel syndrome. Colic, on the other hand, improves on its own. Usually no medications are prescribed for colic; but, in some cases, natural medicines can be utilized for dealing with colic.

### Diverticular Illness.

There are 2 types of diverticular diseases: Diverticulosis and diverticulitis. When pockets tend to develop in the digestive tract walls, the condition is referred to as diverticulosis, and when these pockets get irritated, the condition is referred to as diverticulitis. Both these conditions seem to appear generally on the sigmoid and coming down colon.

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