

# Soluble Fiber Supplements

**T**he structural components of plants have an indigestible complex carbohydrate called fiber. Human beings can not digest this carbohydrate as they lack the enzymes needed for its food digestion. Considering that it is indigestible, and is not absorbed by the body, it does not provide any calories. We take in fiber mainly through vegetables and fruits. The fiber content of the food items is referred to as dietary fiber. It is also more popularly described as roughage. It is divided into two types - soluble and insoluble fiber.



## Causes

**Viral Infections:** When extreme diarrhea is caused by a virus, it is commonly referred to as stomach flu or viral gastroenteritis. The infection causing virus enters our body due to consumption of contaminated foods or beverages.

## How to Take in.

You can take mineral oil during bedtime. Bowel movements are expected within 6-8 hours after taking this natural laxative.

## Water and Healthy Fluids

One need to drink at least 6-8 glasses daily. If there is enough body fluid, the colon will not absorb water from feces, thereby allowing smooth defecation. For serious irregularity, prune juice is also a great solution. For many individuals, drinking hot beverages also helps to relieve **constipation**. Coffee and tea make great stimulants for metabolism and allow smooth bowel movements.

## Healthy Foods

Consume lots of fresh fruits and vegetables, which are rich sources of dietary fibers. Avoid refined food products. It would be best to take whole grains, cereals, brown bread, and rice. Identify foods that eliminate constipation and try to include them in the diet.

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**Food Nutrition - Eat Well To Help Keep Irritable Bowel Symptom at Bay** Are you aware of the fact that the food you eat has a crucial function to play in how your body feels? Irritable Bowel Syndrome (IBS) is an issue that affects quite a few individuals who however do not prefer to speak about it because the signs have...



ConstipationIbsIrritable Bowel Syndrome

**Inflammatory Bowel Disease (IBD):** It has been found that the most common excessive diarrhea causes are ulcerative colitis and Crohn's disease, which are the two different forms of inflammatory bowel disease. In this condition, the immune system starts assaulting the digestive tract.

## Irritable Bowel Syndrome

Irritable Bowel Syndrome (IBS) is a condition of the lower intestinal system, which may have been caused due to problems in muscle movements in the intestine. It can also be caused due to low tolerance for intestinal movement and stretches. Bloating is a common symptom seen in people with **IBS**. People with IBS are advised to prevent consuming food items that cause bloating. Nevertheless, since bloating causing food products change from one person to another, no specific list can be written down.

## Inadequate Lipase in the Body

Lipase is the enzyme responsible for breaking down fats into glycerol and fatty acids. For that reason, a deficiency of this enzyme can adversely affect the digestion of fats. This can increase the levels of cholesterol and triglycerides in the body. A high level of cholesterol and triglyceride can raise the risk of heart disease and cardiovascular diseases.

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