

Stress And Irritable Bowel Syndrome: How Is It Related?

There is still no final study that resulted to having stress and IBS connected to each other, however, there are numerous looked into done that discovered that stress is one of aspects that may cause it. One professor who studied the said disorder, states that sixty percent of the people who are spotted of having IBS are also qualified on having some kind of mental disorder. One of these illnesses is GAD or Generalized Anxiety Disorder, depression and the likes.



Ulcerative Colitis

This disorder, the mucous membrane of the intestinal tract is infected which leads to inflammation. Slowly as the inflammation intensifies the mucous membrane starts developing ulcers, which produces mucus and pus. The digestive ulcers also trigger bleeding due to which a person passes stools with mucous, pus, and blood.

- Diverticulitis: It could be caused due to inflammation of the diverticula (little pouches along the wall of the intestines).
- This condition is referred to as diverticulitis.
- Ectopic Pregnancy: Once an egg is fertilized, it grows inside the uterus of the mother.
- However, in certain conditions, the embryo develops outside the uterus, usually in the fallopian tube.
- Ectopic pregnancy could be one of the reasons for this pain.

Meat is Another Culprit Which can Cause Diarrhea

The digestive system takes a very long time to digest meat. Considering that it is heavy to digest, it often triggers diarrhea. Also if meat is stagnant, then there are chances that it is contaminated with bacteria and germs, which give rise to this condition.

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Yellow Mucus in Stool Mucus is a clear yellow or white substance that has the consistency of jelly and is produced by the mucus membrane of the large intestine. Stools can give us an indication of our health when there is yellow mucus in stool, there is bound to be...

Avoid Food that can Upset Your Stomach

There are quite a few things that can hurt your stomach. A few of these are dairy products, caffeinated beverages, soda, acidic food and beverages, chocolates etc. All of which are hard to avoid but reducing your intake will help. You might not have the ability to stop eating or drinking such things but if you can just reduce it then IBS may not be a problem to you.

- Ulcerative Colitis: This condition describes development of ulcers in the lining of the rectum and colon.
- The ulcers often lead to bleeding that is manifested as blood in the stool.
- Other symptoms of ulcerative colitis consist of diarrhea.

Is still yet to be finalized of which led to which because some of the patients that are diagnosed with mental issues are also experiencing IBS symptoms. These symptoms are stomachache, convulsion and a lot of discomfort. All of which are also symptoms of IBS. There are several assumptions that are connecting IBS with stress and mental issues.

Causes of Neck and Back Pain After Meals

Kidney and Pancreatic Conditions: The left side of the abdomen houses 2 important organs: the left kidney and the pancreas. Ailments of these organs should not be dealt with lightly since both the organs, especially the kidneys, are very important in homeostasis. Due to their proximity to the digestive tract, intake of food can put pressure on either of these organs and exacerbate the discomfort emanating from them.

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