

# Things You Need To Know About Irritable Bowel Syndrome

One out of five people have experienced **IBS** and most of them are adults. Stress is one of the most significant factors that can trigger it and that may be the reason why most of its victims are adults. It is most likely be mistaken to other GI conditions such as Crohn's and colitis but both illness are very much different from it. For one, IBS is not a disease or and illness. It is more like of an organ dysfunction.

## Causes

More often than not, poor dietary habits are the reason behind excessive burping. However, burping could even be a sign of a medical condition. Here are some of the common causes of continuous belching or burping.

## Food Intolerance

Sometimes, people may experience discomfort on taking in certain types of foods. This is called food intolerance. Among the different types, wheat or gluten intolerance and lactose intolerance are the major ones when people can not tolerate or absorb wheat including products or milk and milk products respectively. Stomach cramps, discomfort, nausea, etc., are the common symptoms of food intolerance.



## IbsCauses IbsIbs DiseaseConstipationIbs PainIbs Stress

- As you can see most of the digestive problems occurring in children can be controlled with the help of appropriate diet and medicines.
- However, do not try any home remedies for these problems without consulting your pediatrician.

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**Sulfur Burps and Digestion Problems** If you are beset with eggy burps, try this easy natural home remedy. Liquify 1 teaspoon of baking soda in water and consume it down. Who knows, it might help calm down those nasty burps! Burp! Well, this is what you do after a heavy meal. Burping a...

- Severe pain in the back can be prevented by preserving a good lifestyle and adopting correct sitting and sleeping postures.
- Secondly, weight problems can be prevented through diet and exercise.
- If you are a sportsman, you ought to take care while participating in sports to prevent injury to the back.

Food Intolerance: Some people are often hypersensitive to certain foods, intake of which causes unwanted side effects that may manifest in the form of excessive accumulation of fluids in the intestine. Too much intestinal tract fluid causes food to move quickly through the intestine, leading to diarrhea and constant stomach gurgling.

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