

## Upset Stomach Causes

The condition of upset stomach can be described in many ways. It could be repeated watery bowel movements together with constant pain in stomach, throwing up, flatulence, etc.

Often, the clients complain about a sense of fullness in the stomach, with mild to severe **nausea**. Or, it could also be in the form of acid indigestion that gives rise to heartburn. Usually, the main cause behind occasional upset stomach is wrong or irregular eating habits. However, when it happens more regularly, its underlying cause could be something far more serious.



### You Should Eat Bananas

It reduces the effects of the stomach acids and eases off the **diarrhea**. It has a relaxing effect on the irritated stomach lining at the same time, it provides a lot of necessary nutrients to your body. Given that it is easy to digest, banana can be safely given to small infants with indigestion. There are some foodstuffs which need to be strictly avoided. They are: dairy products, nuts, citrus fruits, chocolates, caffeine and spicy foods.

### Food Products to Avoid If You Have IBS

The best long-term treatment option for IBS is to follow a healthy diet and avoid foods that activate the symptoms of IBS. Because people respond differently to different diets, there are no specific foods prescribed for this syndrome. On the contrary, there are certain food products that exacerbate and/or intensify the symptoms. Mentioned below are a few food products that are not recommended for people suffering from IBS.

### One can Get Upset Stomach Due to the Fact that of Food Allergy

Suppose, an individual is allergic towards wheat. Every time, he or she consumes food that contain wheat flour, the body assumes that a hazardous substance has gone into the digestive system. As a result, it releases antibodies and the stomach gets upset. Some people develop this stomach problem after taking certain medicines. For instance, NSAIDs (Non steroidal anti-inflammatory drugs) used for pain relief, when taken for a long time, may cause stomach upset.

Acupuncture is believed to assist in soothing the colon's nerves by promoting the acupressure points, while relieving the symptoms brought about by IBS. Nevertheless, there is no scientific study that can prove this yet, just plenty of patients treated this way for many years who have had beneficial results.

### You Want a Happy Body You Have to Respect It

Nourish your body by giving it lots of fresh fruit and raw salads. Make meals from natural ingredients, instead of scrap and take-away food that does not have any nutrient value, only empty calories. Give up the bad habits like sweets, chocolates and crisps. Start eating food that will supply the body with plenty of goodness and quickly your IBS symptoms will be reduced just by altering your diet.

### Intestinal Tract Disorders

Crohn's Disease, Ulcerative Colitis, Pseudomembranous Colitis, and **Irritable Bowel Syndrome** are digestive tract disorders. Also called ileitis or enteritis, crohn's disease causes swelling of the ileum due to which there is pain and discomfort in the lower areas of the digestive tract. Crohn's illness can lead to the intestines becoming sensitive and sore due to diarrhea. Ulcerative colitis is triggered due to the swelling of the intestinal tract lining. The intestinal lining is punctuated with ulcers, either scattered throughout or in the form of clusters.

The large intestine-- when affected by the condition-- may pose symptoms of diarrhea with stools being loose and slim in consistency also making the stool color green. Pseudomembranous colitis is the inflammation of the colon when a person is administered with antibiotics. It might also be caused due to the overgrowth of the bacterium called C. difficile. These digestive disorders may cause the stool to turn green in color with the consistency being very loose.

### According to Ayurveda Not to Sleep At Noon and Making Late Nights are Strictly Prohibited

The patient is asked not to watch TV for a long term time. They should take light exercise everyday and all negative thoughts must be driven away from the mind. Light yogic exercises and relaxation methods ought to be followed.



DiarrheaNauseaIrritable Bowel SyndromeSpastic Colon

### Why is the Stool Color Green?

Order to understand why the stool color in adults, in some cases changes to green, one needs to focus on how the digestive system functions. The liver is responsible for producing bile. Bile is a fluid that helps in fat absorption and fat-soluble vitamins. The bile when produced, divulges into the small intestine or in the bladder. Bile plays a major role in deciding the color of the stool and the consistency also. The stool being thick, slim or watery, and the color being white, brown or green, relies on the manner in which the bile fluid functions and gets secreted.

*“ A normal healthy stool, the bile color changes from green, progressing to yellow and finally brown. Hence, it could be concluded that the cause of green poop in adults may be due to the fact that the feces has not passed through the intestine at a normal pace, hence leaving the color unchanged. This is a breakdown of the bowel movement and is called decreased bowel transit. Another factor contributing to the causes of green stool is the presence of mucus in the intestinal tract. This may cause its color and the consistency to change.*

### No Underlying Particular Reason for IBS Has Been Found Out

But it has been assessed that the colon of the IBS patient is particularly sensitive to some foods or stress that cause irritation in the place. Gut motility may be hampered and causes the issue and there may be relation of some type of bacteria too. Anxiety and stress always precipitate the problem according to ayurvedic doctors. Thus they believe for overall upgrading of the mental aircraft. Ayurveda has potential to combat the problem by repairing diet and bringing change in the life style.

### Nervous Stomach Causes

Acid reflux disease (GERD) and stomach ulcers can cause pain and pain in the stomach. Irritable bowel syndrome (IBS) is the most common reason for stomach pain and indigestion. Increased or decreased secretion of digestive enzymes affects stomach functions. An allergy or food intolerance can destroy stomach health. Intake of spicy/oily/fast food, eating too much at a time, eating foods rich in fat, not chewing the food properly, eating meals hastily are some of the common causes of nervous stomach.

Excessive smoking cigarettes, fasting, following crash diet, late night eating or eating heavy snacks during the night ultimately may lead to stomach problems. Lack of exercise, sedentary way of life, emotional stress, hormone changes, depression and other mental disorders also cause nervous stomach. You must have seen cramping, tightness, or fluttering feelings during stressful scenarios. When you are upset (frightened or upset), your stomach is upset too. Morning sickness during pregnancy, negative effects of drugs, intake of antibiotics, motion sickness, alcohol abuse are also responsible for nervous stomach.

Upset stomach in children can be due to a breach in relationship between the peer or due to academic pressures that they have to face. Stomach disorders like gastritis, low blood sugar level, Crohn's disease, Helicobacter pylori (bacterial) infection, stomach flu, viral infections, loss of intestinal tract flora, malabsorption, vitamin deficiency and other medical conditions can cause queasy stomach.

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