

What to do when your bowels are irritable

You've ever suffered from gas, bloating, diarrhoea or constipation, you know how unpleasant and uncomfortable these symptoms can be and what a relief it is when they finally disappear. Many people are embarrassed and reluctant to talk about what goes on behind closed doors in the bathroom, but in truth, one in 6 people living in the UK experience occasional symptoms. So, you're not alone if you're suffering from **irritable bowel syndrome (IBS)**. Comprehending the signs and reasons for **IBS** can help you recognise it in yourself and support any friends or family members going through the same thing.



The majority of the medications used for treating spastic colon can cause a number of side effects, for which their everyday and long-term use is usually not recommended. People with IBS must strictly avoid taking medications without consulting their health care providers. They should take medications just under the supervision of their physicians.

People suffering from IBS can have symptoms ranging from mild to severe, but for the majority of people irritable bowel syndrome disappears than having to experience occasional mild symptoms that don't need a visit to the doctor. If you think you might be suffering from IBS and have had signs such as gas, bloating, and irregular bowel movements more than three days a month over a period of three months, make an appointment to see your GP and discuss the issue with them.

- Anyone with irritable bowel syndrome (IBS) will understand that managing it is really awful.
- You never understand when the next attack is going to strike.
- Some victims are constantly on the lookout for the closest rest space and plan their day around not being too far from a bathroom.
- Other people don't go there regularly enough.
- Either means, the discomfort can be terrible.

IBS is Characterized by Abdominal Pain or Cramps, Bloating, Constipation, and Diarrhea

In some people, diarrhea can be popular, while in others, it could be **constipation**. Some individuals on the other hand, can suffer from alternating periods of constipation and diarrhea. However, IBS does not cause inflammation of the bowel tissues, or inflammatory bowel disease like Crohn's disease or colitis. IBS is usually not considered to be a dangerous condition, though it can affect the quality of life significantly.

Irritable Bowel Syndrome (IBS) is One of the Other Key Causes

IBS is defined by cramping, abdominal pain, diarrhea, bloating, and constipation. Because IBS causes irregular, disorderly contractions of the intestines, gurgling in the intestines is a natural effect that follows.

- Treatment: Apart from taking elaborate meals, lack of physical activity is often responsible for causing digestion problems.
- For a healthy digestion, besides eating in small amounts, regular exercise is very important.
- Also, after having a heavy meal, you need to keep a time gap of 2-3 hours before you hit the sack.
- Short walks after meals can also contribute in improving digestion.

Negative Effects of Aloe Vera Juice

Aloe Vera as a Laxative.

Aloe Vera Consists of the Gel and the Latex

The latex of the aloe vera leaf refers to the yellow part which lies just beneath the leaf skin. It contains anthraquinones like aloin, which are responsible for the laxative properties of aloe vera. When present in aloe juice, the latex can ease constipation, and stimulate bowel movement. However, studies have found that when used for a long period of time, people developed a sort of tolerance, and required increased doses to get the same laxative effect. In fact, prolonged use of aloe vera juice as a laxative can increase the risk of constipation. Moreover, the intake of aloe latex was associated with a depletion of the potassium from the cells in the intestinal lining. This is the reason that aloe vera laxatives were banned by the FDA (Food and Drug Administration) since November 5, 2002.

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Irregular Bowel Movements A person is said to be struggling with irregular defecation if he/she has more than 3 loose stools in a day or less than 4 stools a week. So a person struggling with irregularity along with diarrhea is thought about to be struggling with irregular...

Caffeine

Milk and dairy products.

Fatty Foods

Alcohol.



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Foods Rich in Sugar

Artificial sweeteners like sorbitol and xylitol.

Apart from these, some people may get relief from excessive gas, bloating, and flatulence by avoiding or decreasing the consumption of the following foods:

Cauliflower

Broccoli.

Cabbage

Brussels sprouts.

Beans and Legumes

Clients of IBS must eat smaller meals instead of three big meals, and drink plenty of water throughout the day. However, they should avoid sodas and soft drinks.

- ExerciseRegular physical activity has been found to reduce the severity of **IBS symptoms** in many patients.
- Exercise can improve the quality of life and mental and physical wellness.
- Low impact exercises like walking, swimming, and biking can prove immensely helpful in reducing the frequency and severity of spastic colon.

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