

## White Mucus in Stool

**M**ucus is basically a jelly like substance which is produced by the intestines and is naturally present in stool, ergo passing it during bowel movement is a normal process. However, doctors also say that if the amount of mucus prominently increases with time, and is accompanied by bleeding or other bowel problems like constipation, diarrhea, etc., then this substantially warrants a medical examination. Keep in mind that, the mucus does not need to be necessarily white. It might be clear, yellow or green.



Having a healthy and balanced diet assists in prevention of stomach muscle spasms to a great extent. Similarly, methods of cleanliness and hygiene should also be maintained frequently. Finally, one need to remember that all the diseases causing abdominal muscle spasms can be treated successfully if timely treatment is undertaken. It is recommended to consult the doctor for appropriate consultation and treatment. Take care!

### Digestive Problems in Infants

Colic, food allergies, lactose intolerance, and acid reflux are the problems found in babies. Colic is found in children, who are less than 3 months old. This happens mainly in those infants, who are more sensitive towards intestinal gas. In this condition, the baby sobs continuously for numerous hours of the day, especially in the evening. The symptoms that you notice while the infant is crying, are swollen abdomen, tensed legs that are drawn to the body, and the hands clenched. Even the face of the baby turns red if he or she is suffering from any of the above issues.

- Infant acid reflux mainly occurs when the infant drinks too much of milk or drinks it faster.
- Sometimes, excessive crying or coughing can also cause back circulation of acids from the stomach into the esophagus.
- It can be identified with frequent spitting out, vomiting, lack of appetite, irritability, etc.
- These problems can be tackled by bringing about changes in feeding techniques and overall eating habits of the baby.
- Maintaining a healthy digestive system is essential for carrying out normal digestion and other metabolic processes.
- The small intestine, though relatively healthy, is also susceptible to different problems.
- To point out a few, commonly detected problems include blockage, infections, tumors, celiac disease, and short bowel.
- Each of these cases impairs the digestion process and disrupts regular absorption of nutrients, resulting in various symptoms.

### Treatment

Medications can relieve symptoms of **IBS** considerably. The doctors may advice patients to consist of fiber supplements in their diet plan. Medicines like loperamide or lomotil are often recommended to decrease **diarrhea**. Doctors often suggest an antispasmodic to reduce abdominal pain and intestinal tract spasms. Individuals who do not respond to conventional therapy are treated with alosetron hydrochloride (Lotronex). This medication is particularly recommended for people with severe IBS.

### Is a Fact that the Majority of the Bacteria that Inhabit Our Body are Benign

Nevertheless, there are several types of bacteria that enter our body, chiefly through the respiratory system, and increase, thus causing instability of the existing innocuous germs of the body. A bacterial infection may cause various transmittable diseases and medical conditions, like strep throat, urinary tract infection, and **irritable bowel syndrome** (IBS), to name a few. These bacteria are also called pathogens. When these bacteria begin colonizing, a healthy body begins to show the symptoms of a bacterial infection.

- Consumption of alcohol, milk products, carbonated drinks, and fatty foods can aggravate symptoms of IBS.
- People diagnosed with IBS especially, must not drink alcohol as it is a GI (gastrointestinal) irritant.
- Alcohol is a major factor responsible for intensifying of IBS signs.
- Alcoholic drinks such as wine or beer pose a threat for IBS patients.
- Issues might establish if drinking is continued and may even trigger an IBS attack.

*Besides the previously mentioned conditions, genetic defects, mesenteric anemia, mesenteric cysts, duodenal ulcers, diverticular disease, bacterial infections, viral infections, and diseases caused by infectious agents could also negatively affect the function of the small intestine.*

- Gastroenteritis: This is a viral infection that attacks the stomach and the intestines.
- More specifically, it is the inflammation of the gastrointestinal tract that causes bloody diarrhea, if treatment is neglected.

Small Bowel Bacterial Overgrowth (SBBO): This health problem is also referred to as Little Intestinal Bacterial Overgrowth (SIBO). The main function of the small intestine is to digest food and absorb it into the body. The complete gastrointestinal tract includes bacteria that aid in digestion, and the number of bacteria in the small intestine is less as compared to those in the large intestine. Thus, SBBO is a condition when the number of bacteria in the small intestine grow in number. There are lots of health ailments that can cause SBBO. These consist of, immune system disorder, short bowel syndrome, diabetes, scleroderma, small bowel diverticulosis and specific surgical procedures. Bloating, fullness, diarrhea, abdominal pain, and cramps are the major symptoms of SBBO.

### The Exact Cause of this Syndrome is Unknowned

However, IBS is observed to be more common among the individuals who have sensitive intestine or compromised immune system. Majority of the people suffering from IBS tend to ignore the symptoms and do not choose medical treatment. Diagnosis of IBS is done based on the symptoms, physical examination, and medical history of the client. After a correct diagnosis, the doctor may recommend medications in order to manage IBS. Sometimes, natural remedies and dietary as well as lifestyle changes can effectively control the symptoms of IBS.

### Benefits: There are Many Types of this Fiber, E.G

Pectin, mucilage, and gums. These supplements of roughage have a variety of health benefits. Essential dietary fiber foods: All fruits and vegetables, especially green leafy vegetables, contain this fiber. So do apples, grapes, barley, rye, sesame seeds, carrots, prunes, peaches, and gooseberries as well as nuts, seeds, and beans. If you go by the fiber content of foods, then flax seeds are highly rich. About 100 grams of flax seeds have approximately 12 grams of fiber. Similarly, in food products such as soya beans, lima beans, and cooked artichoke, the fiber contents are 2.09, 5.87, and 5.46 grams per 100 grams of their weight, respectively.

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