

## Diarrhea After Eating

**W**hen you have bowel movement immediately after eating, it suggests that your body is not appropriately processing the nutrients it needs. It may require some sort of support in detaining the **diarrhea**. Again in many cases, diarrhea instantly after consuming might suggest that your body is turning down some of the elements of food, i.e., some toxic substance or unhealthy chemicals that your body is not able to process effectively. It might also be possible that you may have ingested a great deal of natural laxative present in foods such as prunes or fruit juice. The condition might also be called an **irritable bowel syndrome**.



**Tests to Establish the Cause:** Among the most essential tests that is done is the stool test -traditional medication has the tendency to disregard these tests. It tries to figure out if the Irritable Bowel Syndrome is caused by bacteria in your digestive tract. Your digestive tract may be harboring these germs which might be the cause of your Irritable Bowel Syndrome. These bacteria may be as a result of eating polluted food or drinking infected water particularly when visiting nations that do not treat drinking water properly.

### Treatment

As soon as the symptoms are determined, the client requires immediate medical assistance. This is since the contaminants and waste substances from the body are spilled into the abdominal area. This might lead to poisoning, infections, sepsis, and harmful shock syndrome. Surgery is the only alternative in most cases that helps treat the condition. In many cases a little part of the intestinal tract is eliminated. In a few unusual cases, little perforations have actually been dealt with utilizing prescription antibiotics.

**Focusing On Signs:** The problem with traditional medication when handling Irritable Bowel Syndrome is that it tends to concentrate on the signs rather than the cause. Irritable Bowel Syndrome is a problem caused by specific changes that prevent the intestinal system to work they way it is expected to. The intestinal system has a mechanism that ensures moves through the intestinal tracts and colon the method it is expected to. Particular psychological and physical elements may cause it not to work appropriately.

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**Spastic Colon Diet** Spastic colon or an irritable bowel syndrome is a bowel disorder that results in diarrhea, constipation, bloating, lower abdominal pain, and general discomfort. This is accompanied by painful spasms while defecating, and an increasing urge to...

## Gastroesophageal Reflux Disease

Discomfort or pain in the stomach after consuming can be triggered due to Gastroesophageal Reflux Disease (GERD), also known as acid reflux disease. Incorrect diet plan and consuming habits is the most popular cause for it. Having large and hot meals, specially at night; not consuming at proper and routine time, having extremely hot food, etc. causes heartburn. On the other hand, smoking, alcoholism, obesity also make an individual prone to this condition.

**Aerophagia:** A condition that is caused by swallowing excess air into the stomach, aerophagia is defined by stomach bloating and burping. Mouth breathing is one of the causes for this condition. Stress and anxiety are also connected to mouth breathing and resultant aerophagia. Those who utilize CPAP machines might also experience bloating, as there are opportunities of uncontrolled swallowing of air (from the machine) into the stomach. This is mostly seen in cases where the machine delivers too much air. Use of carbonated drinks and chewing gum are also amongst the reasons for aerophagia. Swallowing food without correct chewing might also result in a bloated stomach after consuming. Avoid smoking cigarettes and usage of straws for drinking.

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