

## Left Side Abdominal Pain

The abdomen is an area of the body that houses the stomach, liver, appendix, and some other important organs. It has the ribs on the top and the pelvis at the bottom. Abdominal pain is a common occurrence, and practically every specific suffers from it when in their lifetime. However, persistent or acute pain should not be taken lightly, and immediate medical attention should be sought. Left side abdominal pain can occur due to a number of reasons. It might be triggered due to injury to the organs, like the spleen, stomach, blood vessels, and nerves on the left side of the abdominal area, or the left part of paired organs, like the kidney, ureters, adrenal gland, ovary, etc. Alternatively, such pain could also indicate some serious disease or infection.



### Bacterial Infections and Bowel Obstruction

There are numerous types of bacterial infection such as salmonella, shigella, and yersinia, etc., that can contaminate the mucous membrane of intestine. Such infection can cause excessive mucus to pass with stool. Bowel obstruction problems such as irregularity can lead to the presence of mucus in stools. They are also accompanied by severe abdominal cramps, fever, and vomiting.

“ So, what is a nervous breakdown exactly? It can be called a symptom of a particular psychiatric condition. This condition is seen as an acute emotional or psychological collapse of a person. The specific develops loss of interest in all activities. He/she experiences symptoms such as confusion, disorientation, uncontrollable crying, etc. The person may also lose his self-confidence and self-esteem. In extreme cases, catatonic posturing is seen. In this condition, the person is not able to move. Nervous breakdown is a term that we tend to use loosely in our daily lives. For example, you may hear a student say, 'I almost had a nervous breakdown the minute I heard I may not be able to get into the school's basketball team!'. This statement implies a state of 'anxiety' or 'sudden panic' one experiences.

### Digestive Problems in Older Children

Constipation: In this condition, kids have infrequent bowel movements. Its symptoms are hard stools, which are difficult to pass. Stool withholding, lack of fiber in diet, and side effects of medications are the most common causes of **constipation**. Constipation in children can be relieved and routine bowel movements can be restored by including lots of fiber-rich foods in their diet.

### Unrestrained Consumption of Alcohol Affects the Liver and is Also Bad for Health

By the time the signs of ALD surface, one may already be in an advanced stage of the disease. It is best to drink in moderation and have a healthy diet as obesity has been found to increase the risk of alcoholic liver disease among heavy drinkers.

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**Frequent Bowel Movements** Frequent bowel movements in a person depend on what are his/her routine defecation. Bowel movements differ widely in healthy individuals. Some individuals have one bowel movement per day, whereas there are others who have them thrice a week. At the...



Irritable Bowel SyndromeDiarrheaNauseaConstipation

### Ovarian Cysts

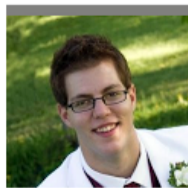
Some cases, cysts are formed in the ovaries in women, better known as ovarian cysts. Existence of cysts in the left ovary triggers mild to severe left side abdominal pain. Many-a-times, surgery is carried out to eliminate the cysts from the ovary. Ovarian cyst is one of the most common cause of left side abdominal pain in females.

### Ulcerative Colitis

This is a type of inflammatory bowel disease (IBD) that affects the large intestine and anus. It results in ulcers in the colon, which in turn might give rise to symptoms such as bloody stool, presence of pus and mucus in the stool, rectal pain, stomach discomfort and cramping, weight loss, diarrhea, urgency to defecate, failure to pass stool despite the urgency to defecate, etc.

### . Boost Fluid Consumption

Improving digestion is the key to avoid smelly burps. For good digestive health, it is necessary to increase intake of fluids, especially water. Adequate consumption of water helps digestion, which may contribute to minimize the episodes of sulfur burps.



“ **Ralph Thompson**

Ralph is a post curator at [jerseycheapwholesalechina.com](http://jerseycheapwholesalechina.com), a blog about alternative health news. Last year, Ralph worked as a marketing manager for a well-known high tech company. When he's not scouting for new articles, Ralph loves scuba diving and rafting.

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