

## Muscle Spasms in Stomach

**M**uscle spasms are the sudden, involuntary, and painful contraction of the muscles. It should be noted that people of all age groups can experience this abnormal twitching of the muscles. Muscle spasms, specifically in neck and stomach, should not be ignored as they can be symptoms of some hidden condition.



The symptoms of polyps in the colon include: The other symptoms that indicate the presence and development of the condition include blocked bowel movements that are also painful, abdominal cramps, constipation, nausea, and vomiting.

Comprehending the Causes of IBS: When handling symptoms testing treatment for **IBS** in men, it is important to know the exact cause of IBS. However, this remains a mystery till date as the medical fraternity is yet to come up with the right answers. However, there are a number of theories floating around. Though studies have shown that there is a link between the intestines and your brain, they have not been able to come up with a convincing reason to explain what causes miscommunication between the intestine and the brain.

### Nervous Stomach

Usually, when diagnostic tests fail to recognize a certain cause for a stomach related illness, the condition is known as a nervous stomach. When there is no possible cause for a stomach-related illness, it is generally assumed that the cause for it is a nervous stomach. It is the source of stomach problems from stress. A nervous stomach, like irritable bowel syndrome, is triggered due to stress. It may be caused because the brain releases a lot more acids into the stomach when you are stressed. An anxious stomach may be the cause of any stomach-related illnesses such as abdominal fullness, bloating, belching and flatulence, heartburn, nausea and heartburn.

### Irritable Bowel Syndrome

Irritable bowel syndrome (IBS) is a disorder where a person experiences change in bowel habits, accompanied with discomfort, diarrhea, or **constipation**. It is a chronic condition with no known cause. Irritable bowel syndrome can also cause abdominal muscle spasms, which are very painful.

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**Soluble Fiber Foods for IBS** Irritable bowel syndrome (IBS) diagnosed in both men and women strikes the large intestine (colon). As we all know, the colon is mainly involved in the elimination of feces. So, with the onset of IBS, one experiences a change in defecation that...



Irritable Bowel Syndrome Diarrhea Constipation Ibs

### Causes

The sudden cramping in the stomach or stomach area is caused due to the painful contraction of muscles that assist in death of food in the stomach. Muscle spasms in the stomach occur due to severe diseases related to digestion.

### Stomach Flu

Stomach flu or gastroenteritis is the inflammation of the stomach and the intestinal tract, caused by viruses or bacteria. This condition is caused due to consumption of contaminated food or water. It is more commonly observed in children and infants, than in adults. Abdominal muscle pain and convulsion, diarrhea, vomiting, etc. are a few of the popular symptoms of this disorder.

Scientific research is ongoing to reduce the risk of intestinal problems and improve the overall digestive health of people in general. The thumb rule for maintaining a problem-free small intestinal tract is to eat a healthy diet, perform regular exercise, and follow healthy way of life habits.

- Devices like exhaust fans, air conditioning system and dehumidifier help in getting rid of airborne mold particles.
- There are also natural products on the market which may be used to clean mold-infected areas.
- After having your mold-affected walls correctly cleaned up, it is much better if you paint them with moisture-resistant paints.
- This would keep the mold from growing back on the surface.

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