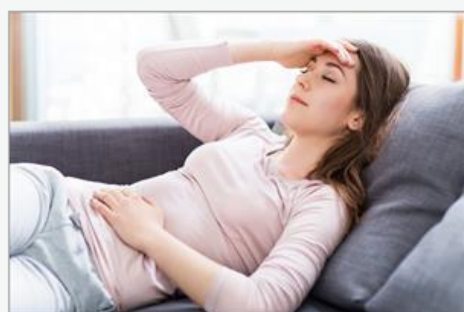


## Pain Around Belly Button

**P**ersistent pain around belly button (navel) certainly can not be ignored and is often related to issues associated with the small and the large intestines. The pain typically worsens when doing extending exercises. Activities like bending, leaning or jumping while playing basketball and even sneezing hard, put extreme stress on the stomach and abdominal muscles, which can aggravate existing navel discomfort.



**Irritable Bowel Syndrome (IBS):** This can be described as abnormal functioning of the bowel. Due to this irregularity, the intestines fail to contract effectively to promote bowel movements. As a result, one gets **diarrhea** and **constipation** at the same time. Irritable bowel syndrome makes the intestines highly sensitive towards gas and causes abdominal pain, cramps, bloating, etc. Irritable bowel syndrome in children can not be cured completely, but its symptoms can be treated with the help of ideal medicines and dietary changes.

### Spicy Foods

Fatty foods.

### Junk Food

Sugary foods.

### Fried Foods

Foods low in natural fibers.

### IBS Treatments

The treatment options range from person to person. Some use a routine colon cleanse, which flushes away foods and other particles lodged in the digestive tract. This makes having a bowel movement an easier task. Some search for information about probiotics since the probiotics aid in gastrointestinal health. You can discover probiotics in certain kinds of food due to the fact that the germs naturally take place in some vegetables and fruits. Producers also add probiotics into different pre-packaged goods, including yogurt and some grains, such as rice or bread. Eating these foods might help reduce the symptoms of irritable bowel syndrome and keep your bowel movements regular, even during a flare-up of the condition.

Other possible causes are Crohn's Disease, diverticulitis, hernia, lymphoma, gastroenteritis, abscess, muscular skeletal disorders, prostate infection, sexually transmitted diseases, pelvic adhesions, and even psychological factors like stress. Based on when the pain began, till for how long it lasted, and the kind of pain, treatment will be determined by the health care practitioner.

Belly button discomfort is common in people affected with this inflammatory bowel disease, a condition in which specific parts of small intestine or large intestine (colon) become inflamed. In this condition, the intestinal wall appears severely swollen, in turn narrowing the digestive tract passage and blocking the flow of contents through the intestinal tract. Crohn's disease impairs digestion and causes discomfort around belly button, appetite loss, bowel dysfunction (diarrhea), which ultimately leads to fatigue and weight loss.

### Caffeine

Reports suggest that specific beverages can also exacerbate IBS symptoms. Caffeinated beverages such as coffee, hot cocoa, and tea are notorious for irritating the gastrointestinal tract. So, having just a cup of coffee can cause a substantial amount of discomfort in IBS patients.

- **Irregularity:** Painful bowel evacuation in which a large stools is removed by damaging the tissue around the anus can cause blood in stool.
- This is because, the delicate tissue may bleed a lot when it rubs against the passing large stool.

**Causes:** IBS in most cases is caused by food intolerances, use of antibiotics, yeast or other parasites present in raw foods. Other symptoms of IBS can also be caused by the overgrowth of yeast such as Candida and the over growth of bacteria. This results from taking a single antibiotics course. Some people may also get the syndrome form an inflammation of the stomach, bowel linings which cause illness and diarrhea or after a bout of gastroenteritis. Having knowledge of these causes will help to understand the testing and treatment of IBS symptoms with constipation better.

### Gastritis

Gastritis occurs when the inner lining of the stomach gets inflamed. This condition can establish due to injury, having excess alcohol, eating hot foods, etc. Lower abdominal pain and cramps that intensify on having food, nausea, throwing up, etc., are the common symptoms.

Gallbladder problems such as formation of gallstones can also cause pain that originates from the upper right stomach area and remains confined around the navel area. The term gallstones describes strong crystallized matter that forms gradually over a period of time in the gallbladder. The gallbladder discovered below the liver collects the bile (digestive juice) from the liver and then empties it, that travels all the way down to the small intestine. The bile promotes breakdown of ingested food, which helps to promote digestion.

Is observed that tiny deposits of cholesterol get separated from the bile and begin to build up in the gallbladder to form larger structures known as gallstones. When these gallstones get dislodged from the gallbladder and get caught in the ducts, one may experience sudden pain that shoots from the belly button area to the upper back or shoulder blades. The pain may come and go but in most cases patients feel consistent pain lasting anywhere between 1 to 5 hours. Persistent pain is usually a sign of gallbladder issues rather than stomach problems such as ulcers.

**Inflammatory Bowel Syndrome:** This is a digestive problem that causes swelling of the intestinal wall that may results into diarrhea with blood clots in stool.



Nausea, Diarrhea, Irritable Bowel Syndrome, Constipation

**“** *Inflammatory Bowel Disease: People suffering from inflammatory bowel conditions like ulcerative colitis and Crohn's illness may also show existence of blood in feces. In Crohn's disease, the inflammation is just not restricted superficially but also infiltrates the inner layers of the affected bowel tissue. While having meals, the ingested food may scrap the inflamed areas of the bowel and cause slight bleeding. Stomach discomfort, diarrhea and cramping are a few of the most common symptoms of Crohn's illness. On the other hand, ulcerative colitis is typically marked by development of ulcers or open wounds in the large intestine.*

### Hernia

This condition is a result of weak stomach muscles that are not able to hold internal tissues, leading to protrusion of the tissues. The digestive tissues are seen bulging outwards (as small lumps) through the weak locations of the abdominal area. Lifting heavy items without taking the necessary precautions is the most common reason behind the development of hernia.

### Solutions

The suggested treatment for hard bowel movement is almost similar in adults and children. The majority of the recommendations constitute home remedies and do not require expert intervention. If you find the condition to be serious and unbearable, seek advice from a doctor right away. If the condition is serious, and if one tends to experience bleeding in the process of defecation, it is advisable to check out a doctor, as only a doctor will be able to recognize the degree of severity of the condition, and prescribe the needed medication. This rule applies to both children and adults.

### Stomach Flu

This is a viral infection where the lining of the stomach and the intestine are swollen. In this condition, the digestion goes haywire as the patient vomits not long after consuming food. Frequent bouts of vomiting and inability to digest food are the hallmarks of stomach flu. Pain that loiters around the belly button is a common grievance among stomach flu sufferers. Apart from stomach cramps, the start of diarrhea is also noticed in many patients.

### Utilizes

As currently mentioned above, probiotics assist digestion function in the body as well as help in keeping your gut disease free. A healthy balance of intestinal bacteria is required for the proper functioning of the body. Whenever the population of gut flora lessens, your body becomes vulnerable to various diseases and infections such as yeast infection, etc. You may also experience conditions such as irritable bowel syndrome (IBS) or rheumatoid arthritis as a result of imbalance of gut flora. Some of the typical health benefits of probiotics include: Probiotics develop a hostile environment for harmful bacteria in the digestive tract, thereby promoting the development of beneficial ones. Probiotics strengthen the immune system, thereby reducing the occurrences of infections. They also aid in much better absorption of calcium and magnesium in the body. Besides, they also reduce the risk factors associated with colon and rectal cancer.

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