

## Peppermint Oil Capsules

**W**hen it comes to curing common ailments, we run helter-skelter to look for over the counter medication. Very few of us really go for natural solutions that are undoubtedly more reliable and offer immediate relief. Talking about natural options to some common diseases and one simply can not forget to mention about peppermint oil capsules. The essential oil is extracted from the plant and when taken in supplemental type may help to treat a wide range of medical problems, as found out through initial studies.

- Other parasite signs also include the **irritable bowel syndrome** leads to a host of other ailments.
- Often the irritable bowel syndrome also leads to heavy stools.
- Joint and muscle pains are also common parasite signs.
- The pain is peaceful similar to that of arthritis.
- It also results in tissue damage and in some cases it effects the proper functioning of immune system.
- Other parasite symptoms also lead to loss of blood or anemia to develop within the body.



### Consumption of Gas Formation Foods

Those suffering from pot belly, due to excessive digestive gas, need to modify their diet. There are certain foods that can worsen this problem, as they are infamous for producing gas in the stomach. Exemption of these gassy foods from the diet, can surely provide relief from excess gas build up. A few of the gas-producing foods that need to be avoided are cabbage, cauliflower and broccoli.

### Medicines

You are frequently taking sulfur-containing medicines or sulfa drugs that are commonly used as antibiotics, then there is a higher chance of you experiencing sulfur burps. When you buy any medication, examine the prescription label correctly. In case you notice the word 'sulfur' in any of the ingredients, taking that medication can certainly give you those bad-smelling burps.

### Fried Foods

Low-fat diet is often recommended to manage **IBS**. As fried foods are high in saturated fats, they can not be included in low-fat diet. Be it french fries, potato chips or fried chicken, they are loaded with saturated fats, thus can aggravate IBS.

### Colostomy

The surgical procedure that involves linking a part of the colon onto the anterior wall of the abdomen is called colostomy. This is done in case of severe damage to the bowel. The purpose of this surgery is to form an opening called stoma at the end of the large intestine. After colostomy, feces leave the client's body through the abdominal area. The colostomy can be either temporary or permanent depending upon the reasons behind this surgery. The stoma can be irreversible in case of bowel cancer or serious injury. It is short-term in case of bowel infection, stab or injuries, or inflammation. Colostomy is required in diseases such as Crohn's disease, bowel cancer, blocked bowel, diverticulitis, or a serious injury to the bowel.

### Sigmoid Volvulus

Is a condition where the sigmoid colon twists upon itself and leads to obstruction. Many a time, this needs to be corrected through medical help.

### Tortuous Sigmoid Colon

Also known as redundant colon, here, the colon is longer than it is expected to be. Many times, due to the bigger size, the sigmoid colon tends to twist and causes blockages resulting in pain.

### Getting Rid of Sulfur Burps

Medications.



IbsIbs SymptomsIrritable Bowel SyndromeDiarrheaConstipationNausea

### Taking Pepto-Bismol Tablets can Work Wonders to Treat Sulfur Burps

The medication assists in taking in hydrogen sulfide from the colon, which works to minimize the condition. Its ability to absorb hydrogen sulfide has made it one of the most sought-after remedy for sulfur burps. One can also use Mylanta, an antacid, to get rid of these bad-smelling burps.

Medications, such as Zegerid, Prevacid, and Prilosec, that help to reduce the production of stomach acids, may also help to stop this problem. All these medications are created to alleviate symptoms of heartburn and relieve indigestion.

### Dietary Modifications

Reduce consumption of high-protein foods, and focus more on eating fresh high-fiber foods. These easy dietary changes can help to decrease production of hydrogen sulfide, in turn lowering the rotten egg odor from your burps. Sugary products, like pastries, cakes, and chocolates, should also be avoided to prevent bouts of sulfur burps.

### According to Ayurveda Not to Sleep At Noon and Making Late Nights are Strictly Prohibited

The patient is asked not to watch TELEVISION for a long term time. They must take light workout daily and all negative thoughts must be driven away from the mind. Light yogic exercises and relaxation techniques ought to be followed.

**Disclaimer:** Content in this document is an advertisement, therefore it may be biased and should not be considered an objective or independent review. Owner of this document may be compensated when you purchase a product by clicking a link in this document. The views and opinions expressed in this document are purely of the author. Any product claim or other representation about a product or service should be verified with the manufacturer, provider or party in question. Any health information in this document is for educational purposes only and is not intended to replace the advice of your health care provider.