

# Probiotics Vs. Prebiotics

**O**ur human body is a host to plethora of microorganisms. Some of these organisms may cause harm to your body, while others actually benefit you in lots of ways. Probiotic bacteria are a species of beneficial bacteria which live in the human gut and assist in gastrointestinal function, amongst other functions. These bacteria are naturally present in the intestinal tract and thrive thereby competing with 1000 other bacterial species. In some cases, the population of these bacteria diminishes owing to some reason. During such times, prebiotics can assist in restoring probiotic germs.



## Difference Between Probiotics and Prebiotics

While probiotics have been in use for quite a long time, prebiotics are a recent addition in the market that work to the health and well-being of an individual. By the way, many people do not know the exact difference between the two and might assume one for the other.

## Appendicitis

Appendix is a 3.5 inch long tube extending from the large intestine. An inflamed appendix can also be responsible for causing a sharp abdominal pain. Pain or discomfort may emerge due to a blockage in the appendix. In the initial stages, the pain is experienced around the belly button, but this may spread to the right lower abdomen. Pain could also be accompanied by other signs such as nausea, vomiting or fever. If left untreated, swollen appendix might burst and the contents may spill over into the abdominal cavity. This might lead to swelling in the lining of the stomach cavity.

## Bloating and Gas

Diarrhea.

## Constipation

Stomach cramps or pain.

## Mucous in Stool

Not everyone will experience all of the signs listed here, and you might just experience one or two of these symptoms. It's still important to talk to your doctor to determine what's happening with IBS symptoms and how you can get relief. \* IBS symptoms aren't necessarily dangerous and this condition rarely causes permanent damage, but the simple annoyance and discomfort of signs are enough to warrant seeking medical help or planning to natural remedies for relief. \*

## Acalculous Cholecystopathy.

The term 'acalculous cholecystopathy' refers to gallbladder diseases which are not related to gallstones. Biliary dyskinesia is a motility disorder which is characterized by abnormal gallbladder emptying. This occurs when the gallbladder is not able to contract effectively. Gallbladder function could also get adversely affected if the sphincter of Oddi, which is the valve through which bile flows towards the small intestine, does not operate properly.

## Prevent Foods that Cause Constipation.

Typically, foods that are low in fiber cause irregularity. Therefore, it is important to ensure that you avoid foods that are low in fiber. Cut down on the intake of the following food items: In addition to the aforementioned remedial measures, you should also follow self-care tips. Fix a particular time for defecation every day to minimize the risk of passing hardened stool. Follow the right lifestyle choices. Exercise regularly and refrain from the consumption of unhealthy food items.

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