

Swollen Abdomen

The abdominal region consists of important organs like the stomach, big and little intestinal tracts, liver, spleen and pancreas. These organs perform the function of digestion and assimilation of food. Sometimes, the organs can be impacted due to various conditions.

One such disorder that impacts the stomach is bloating. An inflamed abdomen, likewise known as abdominal distention, happens when the abdominal area increases in size due to overindulging or weight gain. Some other reasons for experiencing distention can be due to pre-menstrual syndrome (PMS), swallowing air unconsciously, consuming aerated beverages, intestinal tract gas arising from eating fibrous veggies and fruits, vegetables etc.



. Causes of a Swollen Stomach

There are numerous aspects that cause your stomach to feel bloated or distended. These vary from person to individual, making diagnosis, and as a result treatment, challenging. The following are some of the significant causes of bloated stomach.

Addition, Parents Should Make Sure that the Kid's Meals are High in Dietary Fiber

Fresh vegetables and fruits like apples, pears, raspberries, broccoli, spinach, vegetables, entire grains, etc., can be consisted of in their daily meals. Additionally, staying hungry for a long period of time, along with heavy meals, tend to set off **IBS**. Hence, parents ought to not force their children to overindulge. On the contrary, they should offer children with smaller meals, spread out uniformly throughout the day.



Ibs

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Psyllium Husk Benefits Psyllium husk, also known as isabgol is native to India, and is derived from the seed of a plant known as *plantago ovata*. It is incredibly rich in fiber, supplying approximately 71g of fiber per third of a cup. It is a water soluble supplement,...

“ Kids may not understand the symptoms of IBS, even when they are experiencing it. So, it becomes the obligation of the parents to look after what their children are eating, and listen to their health problems attentively, instead of simply overlooking them.

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