

# The Secret of Easily Preventing Diverticulitis & Achieving Colon Health

**D**iverticulitis seems to be the new "Disease of the Year", in the media. Everywhere you turn you're hearing more doctors and medical studies say "More people in the world have either diverticulitis or diverticulosis than ever before!" But how many of them are telling you effective and easy ways to stop it? Certainly very few.



## Lactose Intolerance

Lactose is a component of milk for this reason present in numerous dairy products. Lots of people are naturally not able to absorb lactose. This is because they lack an enzyme called lactase which is necessary for lactose digestion. The failure to absorb lactose is called lactose intolerance. When a lactose-intolerant individual happens to have it, he/she frequently struggles with swelling in the stomach, diarrhea, nausea, bloating, abdominal cramps, and gas.

- But why do they form?
- And why "now more than ever"?
- It's not your fault!
- Just browse at the foods readily available to everyone.
- They're full of refined flour and there isn't really a lot of 'entire grain' that tastes delicious as an option for you.
- The combination of not enough liquid throughout the day, along with not enough soluble and insoluble fiber adds up to digestive problem.

## Abdominal Distention is Another Symptom Which can be Observed

One may develop consistent swelling on the abdomen that looks abnormal. One might even have a feeling of fullness at all times due to the perforated colon. This leads to loss of appetite. One may even develop a fever of over 102 F and above, along with chills.

## Heartburn Disease can be Treated With the Help of Medication

Nevertheless, it is vital to make changes in your lifestyle if you wish to get rid of it permanently. In order to deal with irritable bowel syndrome, it is essential to treat its symptoms individually. There are medications available to deal with constipation, diarrhea, nausea, and abdominal pain. However, you should keep in mind that **irritable bowel syndrome** can not be cured completely. But, making changes in way of life and food habits can help reduce severity and frequency of the disease.

The first part of the colon which is connected with the small intestine is referred to as caecum. The portion between the caecum and rectum is referred to as colon which is divided into four parts, ascending, transverse, descending, and sigmoid colon. Colon function includes holding waste products and reabsorbing water from wastes to protect water balance in the body. Lots of friendly bacteria grow in the colon, and help boost the process of digestion. They play an important role in suppressing the growth of harmful bacteria. They help transform undigested food materials into easily passable stools. When the food is completely digested, and when it moves forward through the colon, it changes its form, and obtains dark brown color.

Stay away from caffeine!! Drink lots and lots of water Take notice of food allergies and sensitivities; especially lactose intolerance Avoid alcohol, soda, dairy products, high sugar and fatty foods (processed foods), and vegetables like broccoli, cauliflower and brussels sprouts which can increase gassiness Eat smaller meals at a slower pace throughout the day as opposed to inhaling a few large meals Consume food high in dietary fiber Incorporate natural beneficial germs into your everyday regimen. Search for a gentle, organic liquid probiotic that is dairy, wheat, and soy-free. Low stress lifestyle - can't emphasize this enough. Attempt yoga, breathing exercises, a massage, etc. - whatever helps you wind down. Preserve active physical fitness levels.

## Heavy Workouts

You might enjoy doing high strength exercises but after a workout session you may face a hard time dealing with pain around belly button. This is because, workouts that are done vigorously such as crunches or those involving lifting weights can be strenuous to the stomach muscles. As a result, the undue stress on the abdominal muscles can manifest in the form of navel pain.

- Ulcerative colitis is another reason for blood and mucus being discharged in addition to stool.
- Many a time there may be white mucous, for which ulcerative colitis may be the reason.
- In this condition the latter part of the large intestine is inflamed.
- Some of the signs of this condition include cramps and pain in abdomen, bleeding from the rectum and diarrhea.

## Food Poisoning

Consuming food that is not stored properly or prepared in unsanitary conditions is harmful and leads to food poisoning. So, within a few hours of having polluted food, one is likely to throw up and most importantly experience consistent pain around belly button.

- Fiber isn't the only thing. remember the above points?
- Chia Seeds have you covered on all five points.
- You can even literally see the viscous (appears like a gelatin or gummy) fibers on the outside when you make Chia gel.
- These help lower blood cholesterol and normalize blood glucose and insulin levels.
- It's time to feel full longer, minimize your cholesterol, and clean up any colon issues!
- Chia Seeds are incredibly easy to use.
- They have no flavor of their own, so you can add them to anything you already like to eat.
- They are allowed to hydrate in a liquid food (like yogurt, juice or cola) they will take on the flavor of that food.
- In cooking, because of their ability to distribute flavors, they can actually make the food more flavorful!
- A tablespoon of Chia a day is generally what the majority of people need.
- Chia seeds are incredibly safe and simple to use, so you don't need to worry about having too much.
- The seeds also contain essential micro-nutrients, omega 3 healthy oils and b-vitamins.
- No fiber substitute can do all of that, while tasting as great and being as versatile as Chia.
- When you add Chia to your meals, you're guaranteeing that you and your family are getting the fiber your body requires.
- NOW is the time to take control of your digestive health, and the most convenient answer is Chia.

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