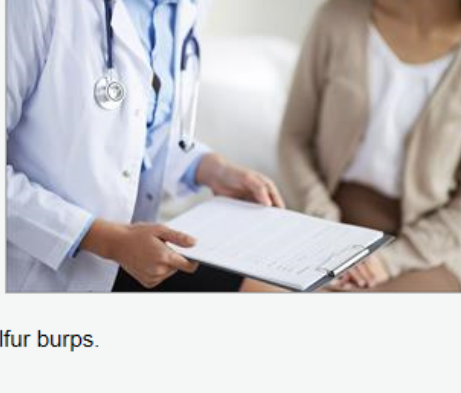


High Protein Diet And Ibs: Pain Under Left Rib Cage

The chest, also referred to as the thoracic cage, is one of the core and most delicate parts of the human skeletal system. 24 bony structures called ribs, costal cartilages, 12 thoracic vertebrae and the sternum, all are parts that comprise the chest. A part of the human respiratory system, this bony and cartilaginous structure surrounds the thoracic cavity, which includes the lungs. It is an important part of the human body and any pain in this area can be of serious concern, as it might indicate some serious medical condition or injury.



Natural Teas

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- Stomach Cancer (Stomach cancer): As the name suggests, it happens when cancerous cells grow in the stomach.
- It is difficult to identify at an early stage as its symptoms are similar to other digestive system diseases.
- Meckel's Diverticulum: This is a hereditary abnormality.
- It is a small bulge at the lower part of the small intestine.
- It can lead to symptoms like abdominal pain, gastrointestinal bleeding, etc

Treatment: this Condition Requires Immediate Medical Intervention

Usually, surgery is the only option. Irritable Bowel Syndrome Irritable bowel syndrome is a common cause of discomfort under the left rib cage. It is caused by overeating or lack of fiber-rich foods, and adequate water in the diet. In this condition, the digestive organs are affected as they are not able to secrete digestive enzymes that assist in the breaking down of food into easy compounds. It interferes with the typical bowel movement by causing constipation or diarrhea. Other signs of this condition are bloating and cramps in the intestinal tract.

- Jaundice: It is caused due to excessive building up of bilirubin in blood.
- It is quickly identified as the skin turns visibly yellowish.
- Liver Abscesses: It is development of pus in the liver.
- It can be a potentially life-threatening condition.

Cancer There is a possibility that the development of yellow mucous could be an indicator of cancer of the digestive system. Nevertheless, when the mucous is brought on by a major condition such as this, it does not happen in isolation it is accompanied by other signs also, the most common being diarrhea. In addition to that, there will be other signs like flu, fever, stomach pain, vomiting, or constipation. If these symptoms persist, it is essential to get them examined right away to eliminate the possibility of cancer.

To be Assured of Its Signs, It Happens Differently With the Different Personas

It depends from person to person. It can negatively be a lifelong condition causing some people to lose their potential of working, taking a trip, performing any social work and associating with any other activates. Nevertheless, its main signs are the fullness, gas, blotting and abdominal pain etc. that will go for 3 days or a number of months. The people suffering from IBS can alternatively switch to diarrhea and constipations.

People, suffering from diarrhea, face frequent loose, watery stools and one who suffers from constipation will have a hard time passing stool, as well as less defecation. They can not discharge any stool or just a small amount. On the consultation of your physician for the treatment of IBS, the doctors may check on the basis of the symptoms you describe to him or the pathological test or no test. Specifically there is no any particular test for checking the IBS and ultimately if doctor ask you for blood test, it is nothing but just to make it clear if you have celiac disease or a low blood count (anemia) or stool test to be made sure about the infections.

- Treatment The most vital part of the treatment is dietary adjustment.
- The diet prescribed is different in every specific case.
- Some animals react effectively to the bone and raw food diet (BARF), while home-cooked food might match others.
- Enhancement in the condition could be seen in some pets after addition of white or brown rice in the diet plan.
- High-fiber dog food may work for some.
- Therefore, you have to experiment to check which one works best for your pet and adhere to it.
- One crucial trait is that when the pet is struggling with IBD, the diet plan must be kept extremely simple.

“ Keep the pet far from all those canine foods that contain artificial preservatives, spicy foods, dairy items, etc., as these have the tendency to intensify the condition. Proteins and grains need to not be provided together. Lots of animals do not get cured with dietary modifications alone. In those cases, ideal medicines are recommended by a veterinarian. Those who get diarrhea regularly or show an urgency to defecate are administered with anti-diarrheal drugs. To manage flatulence and bloating, anti-gas medicines are recommended. Antispasmodic medicines may likewise be provided to control abnormal muscular convulsions of the stomach and the intestine.

Treatment. Endometriosis treatment techniques consist of use of medication to relieve pain and other signs, with using hormone medication to lower the growth of the endometrium. In extreme cases, a surgical treatment and even hysterectomy may be needed.

- Treatment: Proper diet plan and preventing food that causes indigestion and constipation would help in relieving the pain.
- High fiber diet is recommended if you are suffering from constipation.
- Red Meat Dishes that are used red meat are likely to intensify symptoms of IBS.
- This is because, red meat as well as egg yolk is high in fats and furthermore it is no simple to absorb.
- Red meat include roasted beef, grounded beef, hotdogs, pork, and caught beef.
- Any meat that is stemmed from deer, sheep, and goat are likewise categorized as red meat therefore needs to be avoided.
- Treatment for this stomach pain will be provided after diagnosing the underlying cause.
- So, if the pain does not go away, speak to your healthcare company and take the treatment appropriately.
- Alcoholic Liver Disease: As the name suggests, it is caused due to excess consumption of alcohol.
- The different types of alcoholic liver disease are alcoholic cirrhosis, alcoholic fatty liver disease, and alcoholic hepatitis.

Factors for Discomfort Under the Left Rib

Injured/cracked or fractured Rib Caged or fracturing rib caused by accidents or severe blow/impact in that area, is one of the major reasons for pain under the left rib cage. It causes excruciating pain that aggravates with deep breathing. Such a serious injury needs immediate medical intervention. If you are experiencing such pain, it is always wise to get an x-ray done to determine the state.

Treatment: Individuals experiencing hiatus hernia experience chest pain and other heartburn symptoms. Lifestyle modifications such as having regular little meals, retiring to bed 3 hours after meals and preventing foods that intensify heartburn might assist to handle hiatus hernia effectively. If absolutely nothing works, surgical intervention might be needed to transfer the stomach back to its original position.

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- Indigestion: Also referred to as dyspepsia, it is a condition caused due to problem in digesting food.
- It is a symptom of several other diseases.

There are medications particularly developed to relieve irritable bowel syndrome (IBS) symptoms but they do not work unless the medical dose is supported by a correct diet. Generally, keeping away from foods that set off IBS is enough to handle signs of this intestinal condition. Bloating, abdominal pain, and disturbed bowel function (constipation, diarrhea) are some of the IBS symptoms. Following article goes over foods that have to be omitted from IBS diet.

Treatment. In case of a moderate costochondritis, non-steroidal, anti-inflammatory drugs like ibuprofen or aspirin can help. If the condition in chronic or serious, then opioid drugs like hydrocodone or oxycodone, or antidepressant medication like amitriptyline, may be used. It is recommended to take plentiful of rest and restrain from any stressful activity while recovering from this condition.

- Treatment: It is very important to speak with a doctor if you experience such symptoms.
- Medication may help in the condition, but if left untreated for long, it might need surgical intervention.
- Inguinal Hernia: It happens when a part of the stomach cavity protrudes through the inguinal canal.
- It causes a bulge in the region which can be painful.
- Treatment: If identified with a serious cracked or broken rib, it is a good idea to consult a doctor instantly and get a surgery scheduled.
- You must also get a CT or MRI scan done to rule out any nerve damage.
- If the crack is small, it usually heals on its own in a month or two.
- You can use pain killers to relieve the pain.
- In any case, it is very important to consult your doctor first.

Heartburn or Acid Reflux

Another common but less severe reason for pain under the left rib cage is heartburn or acid reflux. It is often caused when you take in too much acidic food or drinks. It often gives a bloated feeling and a sharp pain that feels like chest pains.

Irregularity is Defined by Hardening of Stools

As a result, more pressure and effort needs to be put in, to pass stools. It leads to irritating pain in the stomach, more so under the rib cage. Indigestion is also another common reason for the pain. A pain that starts all of a sudden can be linked to indigestion. It is usually preceded by constant burping.

Liver Cancer: It is cancer that originates in the liver or spreads from other parts to the liver. It is also known as hepatic cancer. Liver Failure: Liver failure, or hepatic failure, is the damage of liver caused due to hepatitis, cirrhosis, use of certain drugs and medication, etc. It can be severe or chronic.

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“ Dealing with IBS Symptoms in Ladies throughout Pregnancy Irritable bowel syndrome or the IBS symptoms in women are very common throughout their pregnancy phase. Nevertheless, this will never affect the pregnancy of a lady regardless of the condition. During this phase, the symptoms of IBS are ending up...

- Treatment for this stomach pain will be provided after diagnosing the underlying cause.
- So, if the pain does not go away, speak to your healthcare company and take the treatment appropriately.
- Red Meat Dishes that are used red meat are likely to intensify symptoms of IBS.
- This is because, red meat as well as egg yolk is high in fats and furthermore it is no simple to absorb.
- Red meat include roasted beef, grounded beef, hotdogs, pork, and caught beef.
- Any meat that is stemmed from deer, sheep, and goat are likewise categorized as red meat therefore needs to be avoided.
- Gas in the Colon Also referred to as the splenic flexure syndrome, it is another reason for pain under the left rib cage.
- Excessive gas gets trapped in the colon and it causes pain and discomfort.

There are Certain Parasite Such as Protozoa Which Often Leads to Diarrhoea

There is normally a loss of salt and chloride loss which results in diarrhoea. The diarrhea leads to infection in the body. Some parasites also have the tendency to thrive in the upper small intestine which also leads to gas and bloating. The problem becomes more acute when things which are difficult to digest are being taken. This kind of acute gastrointestinal problems can sometime occur for a number of months.

Do you feel unpleasant and tight in the abdominal area throughout the day? If yes, you could be facing the problem of bloating. Besides these, another typical sign of a puffed up stomach is a continuous sensation of fullness. One does not feel starving even 8 hours after the last meal due to this condition. You can not require yourself to eat if you are facing this issue as you currently feel very complete. As a result of this, one is deprived of the daily intake of nutrients. So, a bloated stomach not only makes you feel uncomfortable, it likewise avoids you from taking in the required everyday nutrients. Prior to transferring to the treatments, let us see the probable reasons for bloating, as lot of times the prevention of the cause itself works as an efficient treatment.

- Cystic Fibrosis: It is a genetic disorder, affecting the digestive system and lungs.
- When suffering from this disease, the mucus ends up being thick and can block airways, tubes, and ducts.
- This is not an exhaustive list).
- Appendicitis: It is the swelling of the appendix.
- It is a serious condition, which needs immediate surgical removal of the appendix.
- Treatment: Preventing food that triggers indigestion is advisable.
- You can also try leaning on the back of a chair to get rid of the trapped gases.
- Antacid tablets, together with dietary changes, will help in the condition.

Aerated Drinks

Taking in a great deal of fizzy drinks is not a good practice. The gas in these beverages, really fills in the stomach causing distention. Besides, you may like oxygenated water, however know that it is among the significant culprits when it pertains to a distended stomach, consequently contributing to weight gain.

Treatment: Taking Antacids and Other Drugs to Reduce Stomach Acid can be of Help

Avoiding hot and spicy food is a must. Diverticulitis. Diverticulitis is characterized by small, bulging sacs or pouches of the inner lining of the intestinal tract (diverticulus) that end up being infected. It generally affects elderly people, about the age of 60. People suffering from it experience bloating, constipation and pain under the lower rib cage.

Kidney Stones

Kidney stones can come from either of the kidneys and cause discomfort in them. Pain in the left one represents stone in the left kidney. The pain generally starts from the back and spreads to the front.

- Liver Cirrhosis: It is caused when healthy tissues of the liver are replaced by scar tissues.
- Scarring is a progressive non-reversible condition.

Interaction With Drugs

Aloe vera juice can have unfavorable interactions with prescription or over the counter medications. For example, diuretic drugs or water pills decrease the potassium levels in the body, which is exactly what the laxative in the aloe vera juice does also. This can cause a sharp drop in potassium levels. Additionally, the laxative impact in aloe vera juice can reduce the rate of absorption of medications in the body. Here are a list of some medications that can have an unfavorable interaction or trigger negative effects, when taken in conjunction with aloe vera juice.

Addition to this, aloe vera can likewise have interactions with other herbs and dietary supplements. Intake of stimulant laxative herbs, such as jalap root, bark root, castor oil and rhubarb root along with aloe vera juice, can cause diarrhea and dehydration. Interactants with aloe vera juice like fenugreek, garlic and psyllium which lower the blood sugar levels, can have a negative impact on the body. Intake of aloe vera juice, in addition to licorice or horsetail must be limited, as these herbs can lower the potassium levels considerably.

So, we see that pain under the left rib cage can be triggered due to various factors, from gastric problems to inflammation of cartilage or other major medical conditions. Depending on the cause, the treatment will vary. If you are experiencing any of these symptoms, you must speak with a doctor immediately. A prompt diagnosis will help you to exact the cause, get effective treatment and prevent future problems.

- The treatment of IBS can differ from a single person to another, as each individual can have a different set of triggers that can worsen the signs.
- This food poisoning has no treatment.
- However it is possible to manage IBS, and lower the intensity of its signs.
- In general, dietary and way of life adjustments can help avoid IBS and alleviate its symptoms.
- The following are the most important treatment options for managing IBS.

Fruits

Fruits that are extremely acidic likewise have to be discarded from the diet. Citrus fruits like oranges, although high in vitamin C must be prevented. Fructose, a basic kind of sugar can worsen stomach discomfort related to IBS. Consuming fruits that have high fructose content is among the main factors accountable for triggering IBS attacks. Studies show that dried fruits, bananas, grapes, and melons have a substantial amount of fructose. On the other hand, one can include fruits like blackberries, raspberries, and blueberries in IBS diet as they consist of fructose in weak quantities.

- Spleen Inflammation Sometimes, discomfort under the left rib cage may be caused due to tear or rupture of the spleen.
- Pain in the extreme ends of the shoulders may also be a sign of spleen rupture.

Cancer There is a possibility that the development of yellow mucous could be an indicator of cancer of the digestive system. Nevertheless, when the mucous is brought on by a major condition such as this, it does not happen in isolation it is accompanied by other signs also, the most common being diarrhea. In addition to that, there will be other signs like flu, fever, stomach pain, vomiting, or constipation. If these symptoms persist, it is essential to get them examined right away to eliminate the possibility of cancer.

- Cholestasis: It happens due to improper bile formation or bile flow.
- There is no one-size fits all wonder treatment for IBS, but its symptoms can be alleviated by a modification in diet plan.
- IBS victims might find that particular foods function as triggers that can trigger their IBS symptoms to get worse.
- The trigger foods might vary from individual to person.
- Treatment: Antibiotics prescribed by a physician can heal the ulcer and help to get relieved of the signs.
- Constipation and Indigestion
- Hemorrhoids: It is a condition defined by inflamed veins in the anal region.
- Hemorrhoids or piles can be internal or external, and can be painful.

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Colitis: It is the Swelling of the Colon

It can be severe or chronic. Constipation: It is a condition where a person has a problem in passing stools as they are hard and dry. Constipation is also characterized by passing stools less than three times a week.

- Hiatal Hernia: It happens when a part of stomach extends upwards through the diaphragm.
- It is commonly observed in older people.
- There is no one-size fits all wonder treatment for IBS, but its symptoms can be alleviated by a modification in diet plan.
- IBS victims might find that particular foods function as triggers that can trigger their IBS symptoms to get worse.
- The trigger foods might vary from individual to person.
- Treatment: This condition can be dealt with by medications like Lansoprazole, Esomeprazole or Dexlansoprazole.
- It is also a good idea to avoid food that causes heartburn or acid reflux.

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