

## Diarrhea After Eating

**W**hen you have bowel movement immediately after eating, it suggests that your body is not effectively processing the nutrients it needs. It may require some sort of help in detaining the **diarrhea**. Again in many cases, diarrhea immediately after eating may show that your body is turning down a few of the parts of food, i.e., some toxic substance or unhealthy chemicals that your body is not able to process effectively. It might likewise be possible that you might have consumed a great deal of natural laxative present in foods such as prunes or fruit juice. The condition might also be called an **irritable bowel syndrome**.



**Tests to Develop the Cause:** One of the most crucial tests that is done is the stool test -standard medication tends to ignore these tests. It aims to figure out if the Irritable Bowel Syndrome is triggered by bacteria in your digestive tract. Your digestive tract might be harboring these bacteria which may be the reason for your Irritable Bowel Syndrome. These germs might be as an outcome of consuming polluted food or drinking polluted water especially when going to countries that do not deal with drinking water correctly.

### Treatment

Once the signs are determined, the client needs immediate medical assistance. This is since the toxic substances and waste substances from the body are spilled into the abdominal area. This may lead to poisoning, infections, sepsis, and poisonous shock syndrome. Surgery is the only alternative in many cases that helps treat the condition. In many cases a small part of the intestine is gotten rid of. In a couple of unusual cases, small perforations have been dealt with utilizing antibiotics.



Diarrhea Irritable Bowel Syndrome Nausea

**Focusing On Symptoms:** The issue with traditional medicine when handling Irritable Bowel Syndrome is that it has the tendency to concentrate on the signs rather than the cause. Irritable Bowel Syndrome is a problem triggered by certain modifications that avoid the intestinal system to work they way it is supposed to. The gastrointestinal tract has a mechanism that guarantees moves through the intestines and colon the manner in which it is supposed to. Specific mental and physical factors may cause it not to work correctly.

### Gastroesophageal Reflux Disease

Discomfort or discomfort in the stomach after consuming can be triggered due to Gastroesophageal Reflux Disease (GERD), also called heartburn disease. Improper diet plan and eating habits is the most popular cause for it. Having large and hot meals, specifically at night; not consuming at correct and routine time, having extremely hot food, etc. causes acid reflux. On the other hand, smoking, alcohol addiction, weight problems also make an individual susceptible to this condition.

**Aerophagia:** A condition that is caused by swallowing excess air into the stomach, aerophagia is identified by abdominal bloating and burping. Mouth breathing is among the causes for this condition. Stress and anxiety are also linked to mouth breathing and resultant aerophagia. Those who utilize CPAP devices may likewise experience bloating, as there are opportunities of involuntary swallowing of air (from the maker) into the stomach. This is mostly seen in cases where the device provides excessive air. Usage of fizzy beverages and chewing gum are also amongst the causes of aerophagia. Swallowing food without correct chewing may also lead to a puffed up stomach after consuming. Prevent smoking and usage of straws for drinking.

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