

# Irritable Bowel Syndrome Understanding this Issue and Finding Relief \*.

**I**rritable bowel syndrome, also known as IBS, is a common concern amongst older grownups. If you've noticed that your bowels have become unpredictable and bothersome, you might be dealing with this condition. When the body is out of balance, it can be hard for things to work properly, resulting in IBS for many people. Finding the right IBS treatment begins with comprehending the issue. What is irritable bowel syndrome, exactly? Here are some traits to know.

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- Colitis: Colitis is swelling or swelling of the big intestine can be caused due to IBS, infections or other inflammatory condition.
- Hence, colitis can be defined as any health disorder that triggers inflammation of the intestine.
- CMV colitis, Crohn's disease, ulcerative colitis, ischemic colitis, etc., are some of the kinds of colitis.
- Dehydration, diarrhea, bloody stools, chills, stomach discomfort, and intestinal gas are a few of the indications of colitis.
- Margaret Le Monnier has over 20 years-experience as a qualified natural health specialist in the UK.
- She is now writing short articles for a website entirely devoted to bringing a detailed variety of natural health guidance to everybody.
- To learn more about [Irritable Bowel Syndrome](#) visit her site at [Natural Health 4 Life](#).

*Though it is typical to have percentages of clear mucus in the feces, the existence of big amounts of mucus, and/or modifications in the color and consistency of the stool often points towards a hidden health issue.*

## Causes.

Floating feces is a reflection of healthy bowel movement. Lots of ask, "Why do stools float when it is considered as strong waste?" Healthy stools are primarily comprised of around 70% water. This is a truth that has been deduced after comprehensive research study. A variety of samples have actually been studied and the specialists need to come to a conclusion that amount of water contained in healthy stools is roughly 70% and the staying content of fecal matter remains in solid state. Now, how can one expect stools to sink, when their water material is so high?

## Diverticulitis.

Diverticulosis is a medical condition that is defined by the advancement of diverticula, which are small-sized pouches that form in the lining of the large intestinal tract due to the pressure applied by difficult stools. These pouches extend from the weak spots in the colon. This condition is mainly asymptomatic. However, symptoms could appear when bacteria act upon the fecal matter that is caught in these pouches. This could trigger diverticulitis (swelling of diverticula), which in turn, might trigger signs such as stomach discomfort, cramps, queasiness, vomiting, fever, etc. The impacted individual might experience constipation, diarrhea, or observe mucus or blood in stool.

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