

# Magnesium Dosage for Constipation

**C**onstipation is one of the most discomfort causing conditions. If you too struggle with irregularity, you may be looking for different methods to get rid of it. A large number of medications are offered in the market for treating constipation. Individuals may even suggest you to use home remedies for getting rid of constipation. You need to have also become aware of the use of magnesium for dealing with constipation. Let us first take a look at the benefits of taking magnesium for treating constipation.

- As stress has been associated with diarrhea and constipation, stress management and behavioral therapies have been suggested by some researchers.
- It includes techniques of relaxation and meditation apart from therapy.
- Cystitis: The inflammation of the urinary bladder, also known as cystitis, is more common in women than men.
- Nevertheless, it may be one of the causes for stomach pain in men.
- The symptoms include pressure in the pelvic area, pain during urination, frequent urination, and blood or a foul smell in the urine.



## Medications

Taking certain medications during pregnancy can also trigger green bowel movement. For instance, pregnant women reeling under a sinus infection often use antibiotics to get relief. Defecation of green feces has been attributed to intake of these antibiotics. Green bowel movement after taking antibiotics is not uncommon and usually stops after the medication is stopped. Reducing the dosage after consulting a doctor may also help to bring back regular stool color.

## Although Milk is Not Greasy, Milk Products are Oily

Milk and milk products can cause diarrhea. Milk products are fermented, which can also be a cause of diarrhea. There are some people who are lactose intolerant. Hence, after usage of milk and milk products, they suffer from diarrhea.

## Typical Symptoms

The severity of symptoms may vary, depending on the underlying condition. Here are some of the common symptoms of gallbladder diseases.

### Pain is Usually Felt in the Right Upper Quadrant of the Abdomen.

Pain may radiate to the back and shoulders.

### Pain May Intensify on Taking Deep Breaths.

Pain usually develops after a heavy, fatty meal, especially during nighttime.

### Pain May be Accompanied by Heartburn, Chest Pain and Bloating.

Flatulence, belching, indigestion and tenderness of the abdomen may be experienced.

Severe cases, the affected individual may develop queasiness, vomiting, low-grade fever, chills, yellowing of the eyes and skin (jaundice), clay-colored stools, etc

## . Atypical Symptoms

At times, the affected person may experience symptoms that may appear to be unrelated to gallbladder issues. Such atypical symptoms are often overlooked and the underlying condition is left untreated till it flares up.

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