

# Probiotics Vs. Prebiotics

**O**ur human body is a host to plethora of microorganisms. Some of these organisms may cause harm to your body, while others actually benefit you in lots of ways. Probiotic bacteria are a species of beneficial bacteria which reside in the human gut and assist in gastrointestinal function, amongst other functions. These bacteria are naturally present in the digestive tract and thrive thereby competing with 1000 other bacterial species. In some cases, the population of these bacteria depletes owing to some factor. During such times, prebiotics can assist in restoring probiotic bacteria.



## Difference Between Probiotics and Prebiotics

While probiotics have been in use for quite a long period of time, prebiotics are a current addition in the market that work to the health and well-being of an individual. By the way, many people do not know the exact difference between the two and might assume one for the other.

## Appendicitis

Appendix is a 3.5 inch long tube extending from the large intestine. An inflamed appendix can also be responsible for causing a sharp abdominal pain. Pain or discomfort may arise due to a blockage in the appendix. In the initial stages, the pain is experienced around the belly button, but this may spread to the right lower abdomen. Pain might also be accompanied by other symptoms such as nausea, vomiting or fever. If left untreated, swollen appendix might break and the contents may spill over into the abdominal cavity. This might lead to inflammation in the lining of the abdominal cavity.

## Bloating and Gas

Diarrhea.

## Constipation

Stomach cramps or pain.

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**Pancreas Problems - Symptoms of Pancreas Problems** The pancreas is a tube-shaped organ located at the rear of the stomach. It is an important organ in our body as it helps in releasing certain juices and enzymes that help in digestion of food. The pancreatic juices help in absorption of the...

## Mucus in Stool

Not everyone will experience all of the signs noted here, and you may only experience one or two of these symptoms. It's still important to talk to your doctor to determine what's happening with IBS symptoms and how you can get relief. \* IBS symptoms aren't necessarily dangerous and this condition rarely causes permanent damage, but the simple annoyance and discomfort of symptoms are enough to warrant looking for medical help or seeking to natural remedies for relief. \*

## Acalculous Cholecystopathy.

The term 'acalculous cholecystopathy' describes gallbladder diseases which are not connected with gallstones. Biliary dyskinesia is a motility disorder which is characterized by abnormal gallbladder emptying. This occurs when the gallbladder is not able to contract correctly. Gallbladder function could also get adversely affected if the sphincter of Oddi, which is the valve through which bile flows towards the small intestine, doesn't work properly.

## Avoid Foods that Cause Constipation.

Typically, foods that are low in fiber cause irregularity. Therefore, it is important to ensure that you avoid foods that are low in fiber. Cut down on the intake of the following food items: In addition to the aforementioned remedial measures, you should also follow self-care tips. Fix a particular time for bowel movement every day to minimize the risk of passing solidified stool. Follow the ideal lifestyle choices. Exercise regularly and refrain from the consumption of unhealthy food items.



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