

## Severe Back Pain

**B**ack pain is as common a condition as headache. It can be seen in people of any age group, however, it is more common in middle-aged people. It can be chronic or intense, depending on the cause. Among the various types, the lower neck and back pain is more commonly experienced. Stress and sedentary lifestyle are the most common factors for backache.



### The Common Bowel Problems in Children are Diarrhea and Constipation

Pediatrician consultation and his recommended treatment is essential in such cases. At home, you need to encourage your child to drink plenty of fluids and eat fiber-laden foods. In young children, the problem is sometimes difficult to find out due to the fact that of the general abnormality.

However, a keen observation is always required to judge the digestive health of a young child. In case of diarrhea or presence of blood in stools, you ought to immediately speak with a pediatrician for needed intervention. If you have established neck and back pain with bowel movements, then constipation, putting in a lot of stress on the motion and infected conditions such as disc herniation that involve neurological damage, are the most possible causes.

### Foods Containing Sugar Substitutes

Used as artificial sweetener, sorbitol and xylitol are found in food items labeled as sugar-free products. Although good alternatives to sugar, sorbitol and xylitol are no easy to digest. The bacteria in the colon have a hard time breaking down sorbitol and xylitol. The breakdown of these artificial sweeteners by the bacteria is slow and additionally causes excessive production of gas. Likewise, germs have the tendency to increase in the existence of sorbitol and xylitol, which eventually leads to bloating and frequent smelly farts. A few of the food items that contain these sugar substitutes are: Check the food label that often mention these artificial sweeteners as sugar alcohols and polyols.

### The Liver is an Organ Which is Metabolically Extremely Active

It is extremely important for the survival of the human body. In spite of all this, the human body can stand up to the loss of around 60% of a normal liver. This is due to the fact that the liver has the ability to restore itself. Still, any liver problem should not be taken delicately. In case of the occurrence of the aforementioned liver damage symptoms, you should immediately seek advice from a health care professional for required intervention.

- Magnesium is a widely used laxative as it works in two different ways for treating constipation.
- Firstly, magnesium helps in attracting water which increases the amount of water in the colon.
- The increased amount of water in the colon assists in softening stools, and make them easy to pass from the intestines.
- Second of all, magnesium assists in relaxing the muscles of the colon or the intestinal tract, makings easier movement of the stools.
- Magnesium citrate, milk of magnesia, magnesium oxide, etc., all helpful in dealing with constipation.

### What Triggers Diarrhea Coupled With Stomach Pains?

Celiac Illness.



Irritable Bowel Syndrome Nausea

### Celiac Disease is Among the Most Frequently Observed Causes of Diarrhea and Stomach Ache

This disease is associated with the small intestine and is an autoimmune disorder. It can occur in people of any age group. When this happens, stomach ache and diarrhea are seen to happen together. However, some people might struggle with either one of the problem too. There are many other symptoms of celiac disease and they differ from person to person.

### Prostatitis

Prostatitis causes pelvic pain on the right side in guys. It is the swelling of the prostate gland triggered by viral or bacterial infection. Pain in the pelvic region, lower back and lower abdomen are the symptoms of prostatitis. Sometimes, it can turn persistent and result into a condition known as chronic pelvic pain syndrome (CPPS) or chronic bacterial prostatitis.

### Indigestion

Undigested food produces gas in the intestine, which triggers an uncomfortable feeling in the form of pot belly. Studies reiterate that excess gas built up in the stomach is the most common reason behind big tummy.

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