

Stomach Problems Caused by Stress

Butterflies in your stomach may not be just a figure of speech any more. If you have been under a lot of stress, chances are that you might also suffer from some stomach problems. The following medical conditions may be linked with your tension.

Constipation

When you have a problem with bowel movements, the food consumed is not thrown out of the body. It results in the food being fermented in the stomach, triggering gases, which move in the digestive tract and put pressure on the stomach. Irregularity is another significant cause of a bloated stomach.

Diet Products

Food identified as "diet," "sugar-free," or "low-carb," have a laxative effect since they contain mannitol, maltitol, and sorbitol. Taking in these products can lead to one feeling full, and can ultimately lead to bloating.

Irritable Bowel Syndrome:

[Irritable bowel syndrome](#) (IBS) is a condition of the lower intestine tract. Stomach pain is the most popular sign of **IBS**. It is also characterized by irregular defecation. A person may either experience constipation or **diarrhea**. Loss of appetite, nausea, and vomiting are the other symptoms of IBS.

Irritable Bowel Syndrome

The exact cause of IBS is not known, but there are theories that connect the increased level of sensitivity of the intestine to the miscommunication in between the brain and the intestine. It is also thought that those who have been affected by an acute gastrointestinal infection are more likely to develop IBS. IBS could be diarrhea-predominant or constipation-predominant. Some of the affected individuals may have IBS with a rotating stool pattern. People who are affected by diarrhea-predominant IBS are most likely to pass mucus in stools. The affected people are likely to experience signs such as abdominal discomfort, bloating, modification in bowel habits, loose and watery stools, etc.

What Causes Mucus in Stool?

More often than not, inflammatory bowel disease is believed to be the contributing factor for excess mucus in the feces. The term 'inflammatory bowel illness' (IBD) refers to a group of medical conditions that are associated with the small intestine or the colon. Nevertheless, medical conditions other than IBD might also cause mucous in the fecal matter.

Besides the aforementioned conditions, the presence of mucus in the feces could be attributed to lactose intolerance, bacterial overgrowth, bowel obstruction, or rectal ulcers. The exact cause can be determined by analyzing the patient's medical history, and performing a physical examination and diagnostic tests. Though symptoms can be alleviated by drug therapy or other treatment options, ensuring lifestyle changes is extremely vital when it comes to dealing with digestive disorders. Following a healthy diet and increasing the intake of water will certainly prove beneficial.

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