

# The Secret of Easily Preventing Diverticulitis & Achieving Colon Health

**D**iverticulitis seems to be the new "Disease of the Year", in the media. Everywhere you turn you're hearing more doctors and medical studies say "More people in the world have either diverticulitis or diverticulosis than ever before!" But how many of them are telling you effective and easy ways to stop it? Certainly very few.



## Lactose Intolerance

Lactose is a component of milk for this reason present in lots of dairy products. Lots of people are naturally not able to digest lactose. This is because they lack an enzyme called lactase which is necessary for lactose digestion. The inability to digest lactose is called lactose intolerance. When a lactose-intolerant individual happens to have it, he or she often deals with swelling in the stomach, diarrhea, nausea, bloating, abdominal cramps, and gas.

- But why do they form?
- And why "now more than ever"?
- It's not your fault!
- Just take a look around at the foods readily available to everyone.
- They have plenty of refined flour and there isn't a great deal of 'whole grain' that tastes delicious as an option for you.
- The combination of insufficient liquid throughout the day, together with not enough soluble and insoluble fiber adds up to intestinal tract trouble.

## Abdominal Distention is Another Sign Which can be Observed

One may develop persistent swelling on the abdomen that looks abnormal. One might even have a feeling of fullness at all times due to the perforated colon. This leads to loss of appetite. One might even develop a fever of over 102 F and above, in addition to chills.

## Acid Reflux Disease can be Treated With the Help of Medication

Nevertheless, it is vital to make changes in your lifestyle if you wish to get rid of it permanently. In order to deal with irritable bowel syndrome, it is important to treat its symptoms individually. There are medications available to treat irregularity, diarrhea, nausea, and stomach pain. However, you should note that **irritable bowel syndrome** can not be cured permanently. But, making changes in lifestyle and food habits can help reduce seriousness and frequency of the disease.

## The First Part of the Colon Which is Connected With the Small Intestine is Called Caecum

The part in between the caecum and anus is referred to as colon which is divided into four parts, ascending, transverse, descending, and sigmoid colon. Colon function consists of holding waste products and reabsorbing water from wastes to maintain water balance in the body. Lots of friendly bacteria grow in the colon, and help enhance the process of digestion. They play an important role in curbing the growth of harmful bacteria. They help convert undigested food materials into easily passable stools. When the food is completely absorbed, and when it moves forward through the colon, it changes its form, and gets dark brown color.

Stay away from caffeine!! Drink lots and lots of water Take note of food allergies and sensitivities; especially lactose intolerance Avoid alcohol, soda, dairy products, high sugar and fatty foods (processed foods), and veggies like broccoli, cauliflower and brussels sprouts which can increase gassiness Eat smaller meals at a slower pace throughout the day as opposed to inhaling a couple of large meals Consume food high in dietary fiber Integrate natural beneficial germs into your everyday program. Look for a gentle, organic liquid probiotic that is dairy, wheat, and soy-free. Low stress lifestyle - can't emphasize this enough. Try yoga, breathing exercises, a massage, etc. - whatever helps you wind down. Maintain active physical fitness levels.

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**Severe Back Pain** Back 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...

## Heavy Workouts

You might enjoy doing high strength exercises but after a workout session you may face a hard time dealing with pain around belly button. This is because, workouts that are done vigorously such as crunches or those involving lifting weights can be strenuous to the abdominal muscles. As a result, the undue stress on the abdominal muscles can manifest in the form of navel pain.



## ConstipationIrritable Bowel SyndromeIbs

- Ulcerative colitis is another reason for blood and mucous being discharged together with stool.
- Many a time there may be white mucous, for which ulcerative colitis might be the reason.
- In this condition the latter part of the large intestine is swollen.
- Some of the signs of this condition include cramps and pain in abdomen, bleeding from the rectum and diarrhea.

## Gastrointestinal Disorder

Consuming food that is not kept properly or prepared in unsanitary conditions is harmful and leads to food poisoning. So, within a couple of hours of having polluted food, one is likely to vomit and most importantly experience persistent discomfort around belly button.

- Fiber isn't the only thing.remember the above points?
- Chia Seeds have you covered on all five points.
- You can even actually see the viscous (looks like a gelatin or gummy) fibers on the outside when you make Chia gel.
- These help lower blood cholesterol and normalize blood glucose and insulin levels.
- It's time to feel full longer, minimize your cholesterol, and clean up any colon problems!
- Chia Seeds are incredibly easy to use.
- They have no flavor of their own, so you can add them to anything you already like to eat.
- They are allowed to hydrate in a liquid food (like yogurt, juice or cola) they will take on the taste of that food.
- In cooking, because of their ability to distribute flavors, they can actually make the food more flavorful!
- A tablespoon of Chia a day is generally what many people require.
- Chia seeds are incredibly safe and simple to use, so you do not need to worry about having too much.
- The seeds also contain essential micro-nutrients, omega 3 healthy oils and b-vitamins.
- No fiber substitute can do all of that, while tasting as great and being as versatile as Chia.
- When you add Chia to your meals, you're guaranteeing that you and your family are getting the fiber your body requires.
- NOW is the time to take control of your digestive health, and the easiest answer is Chia.

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