

## *NATURAL AIDS FOR BOWEL ISSUES...(DIARRHEA, IBS, AND CONSTIPATION)...*

### **How To Get Rid of Diarrhea...**

<http://www.top10homeremedies.com/how-to/how-to-get-rid-of-diarrhea.html>

Diarrhea occurs when the digestive system is not functioning properly, resulting in frequent loose or watery stools, three or more times a day. The main causes of diarrhea are viral infections, bacterial infections, consumption of contaminated food and water, anxiety, food intolerances, and intestinal diseases such as irritable bowel syndrome, Crohn's disease and ulcerative colitis. Diarrhea can be accompanied by symptoms like abdominal pain, bloating, nausea and may cause complications like dehydration. It usually takes two to four days for diarrhea and its accompanying symptoms to disappear completely, depending upon the intensity of the problem. You can combat diarrhea with a variety of natural, home remedies to fight the infection as well as provide relief from the symptoms. How to get rid of diarrhea: Here are the top 10 natural ways to get rid of diarrhea...

#### 1. Yogurt...

Yogurt, especially the one with live bacterial cultures such as lactobacillus acidophilus and bifidobacterium is a great home remedy for diarrhea. These live cultures help restore the 'good' bacteria in your intestine and destroy the 'bad' bacteria causing the diarrhea. In a 2009 study published in the Journal of the American Medical Association, researchers found that probiotics can help reduce antibiotic-associated diarrhea. Just two bowls of yogurt a day can produce noticeable relief. Add or eat a banana with your yogurt for added benefits.

#### 2. Ginger...

Ginger is used in the treatment of food poisoning and can also help get rid of cramps and abdominal pain. Grate a small piece of ginger and add one teaspoon of honey. Eat the mixture to promote the release of gastric juices and improve digestion. Avoid drinking water immediately after eating it. You can also drink ginger tea two to three times a day to cure diarrhea. Slice one small piece of ginger and add them to one cup of water. Boil the water for a few minutes, strain it and add some honey before drinking it. If fresh ginger is not available, you can use powdered ginger from your spice rack.

#### 3. Fenugreek Seeds...

Fenugreek seeds are highly recommended for treating diarrhea due to their high mucilage content. Mucilage provides a strong antidiarrheal effect. Chew one teaspoon of fenugreek seeds along with one tablespoon of yogurt. Alternatively, combine one-half teaspoon each of roasted fenugreek seeds and cumin seeds, add two tablespoons of yogurt and mix it well. Consume this mixture three times a day for quick relief from diarrhea.

#### 4. Apple Cider Vinegar...

Another effective home cure for diarrhea is apple cider vinegar. It acts as an effective agent against bacteria that cause diarrhea. Add one teaspoon of apple cider vinegar to a glass of water. Drink the solution once or twice a day until your diarrhea subsides.

#### 5. Bananas...

When dealing with diarrhea, it is recommended to eat ripe bananas because of their high pectin content. Pectin is a water-soluble fiber that helps reduce diarrhea. Bananas are also high in potassium, an electrolyte that supports a number of vital functions in the body. Eat a few ripe bananas a day until your diarrhea subsides.

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### 6. Chamomile Tea...

Chamomile has antispasmodic properties that can provide relief from abdominal pains accompanying stomach disorders including diarrhea. It also is helpful in reducing intestinal inflammation. Make chamomile tea by steeping one teaspoon of chamomile flowers and one teaspoon of peppermint leaves in a cup of boiling water for 10 minutes. Strain it and drink the tea a few times a day. You can also drink green tea to help your digestive system function properly.

### 7. White Rice...

Plain white rice is among the bland foods recommended to eat during diarrhea because it is easy to digest. In addition, it can help decrease the amount of stools by adding bulk to the stools. Eat small amounts of plain white rice (without any added sauces and spices). Gradually increase the amount of rice as your diarrhea improves.

### 8. Black Seed Oil...

Black seed is also used in the treatment of various health problems such as gas, colic, asthma, constipation and diarrhea. For treating diarrhea, use black seed oil. Mix a teaspoon of black seed oil in a cup of plain yogurt. Eat this mixture twice a day until the diarrhea symptoms are completely gone. These natural remedies for diarrhea can have different effects on different people depending on the intensity and the cause of their diarrhea. If your symptoms do not improve within three to four days, you should see a doctor.

### 9. Carrot Soup...

Carrot soup is a high-bulk food and is believed to have antidyspeptic effects. Carrot soup is particularly good for children recuperating from diarrhea because it provides essential nutrients lost during diarrhea. Wash, scrape and finely chop 500g carrots. Pressure cook the carrots with a little more than one-half cup of water for about 15 minutes. Drain the liquid. Add a little salt to taste. Eat this soup fresh daily for a few days when suffering from diarrhea.

### 10. Clear Fluids...

Diarrhea can cause your body to become dehydrated. Drink at least eight glasses of water along with coconut water, clear broths, vegetable soups, and clear sodas (without caffeine) when suffering from diarrhea. You can also drink sports drinks that do not contain caffeine. Stay away from caffeinated and alcoholic drinks. Also, avoid acidic drinks such as tomato juice and citrus juices.

### **Remedies for Irritable Bowel Syndrome...IBS...**

<https://www.verywell.com/remedies-for-irritable-bowel-syndrome-ibs-88276>

By Cathy Wong, ND...Updated July 13, 2016...

### What is Irritable Bowel Syndrome (IBS)?

Irritable bowel syndrome (IBS) is a common digestive disorder characterized by abdominal pain, cramping, and changes in normal bowel function, including bloating, gas, diarrhea, and constipation. As many as one in five adults in the United States has irritable bowel syndrome (IBS). Other terms to refer to IBS may include: spastic colon, spastic colitis, mucous colitis, nervous diarrhea, nervous colon and nervous or functional bowel.

So far, scientific support for the claim that any remedy can treat IBS is fairly lacking. Here's a look at several natural remedies...

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### 1) Enteric-Coated Peppermint Oil ...

Enteric-coated peppermint oil is widely used for irritable bowel syndrome. It is purported to reduce the abdominal pain and bloating of irritable bowel syndrome. Peppermint is considered a carminative herb, which means that it is used to eliminate excess gas in the intestines. Although further research is needed, preliminary studies indicate that it may ease symptoms of IBS. Although peppermint oil is available in many forms, it should only be used in enteric-coated capsules otherwise the oil can relax the lower esophageal sphincter and cause heartburn. Peppermint oil, in excessive doses, may result in nausea, loss of appetite, heart problems, nervous system disorders, and lead to kidney failure and even death. Peppermint oil should not be taken internally by children or pregnant or nursing women. Peppermint oil may interact with the drug cyclosporine (used to prevent organ transplant rejection and for rheumatoid arthritis and psoriasis), so they should not be combined unless under medical supervision.

### 2) Probiotics...

Probiotics are live microbial organisms that are naturally present in the digestive tract and vagina. Sometimes referred to as "friendly" bacteria, probiotics are purported to maintain and promote a healthy immune system including maintaining a healthy balance of probiotic bacteria in the gut. There are over 400 species of microorganisms in the human digestive tract and the balance between beneficial bacteria and potentially harmful bacteria is important. One theory is that people with irritable bowel syndrome may have an imbalance in their normal intestinal bacteria, with an overgrowth of gas-producing bacteria. A study published in the American Journal of Gastroenterology examined the use of three different doses of *Bifidobacterium infantis* or a placebo in 362 women with irritable bowel syndrome. After four weeks, the *B. infantis* dose of  $1 \times 10^8$  c.f.u. was found to be more effective than a placebo at reducing abdominal pain, bloating, bowel dysfunction, incomplete evacuation, straining, and gas. There are many different probiotic strains, and some may be more appropriate for IBS. PS from Factor Ready: We suggest doing an internet search for Probiotics-vs-IBS type D for Diarrhea or C for Constipation to track down the best suggested strains for each type.

### 3) Partially Hydrolyzed Guar Gum...

Partially hydrolyzed guar gum (PHGG) is a water soluble, non-gelling fiber that may help to reduce constipation and to a lesser extent diarrhea and abdominal pain in people with irritable bowel syndrome. PHGG is purported to promote the growth of beneficial bacteria, lactobacilli and bifidobacteria in the intestines. One study compared PHGG (5 grams per day), wheat bran (30 grams per day), and a placebo in 199 people with irritable bowel syndrome. After 12 weeks, both the PHGG and wheat bran resulted in an improvement in abdominal pain and bowel habits, but the PHGG was better tolerated and preferred.

### 4) Food Intolerances...

According to some alternative medicine practitioners, food intolerances may play a role in irritable bowel syndrome, possibly by triggering immune responses in the gut leading to low-grade inflammation and an imbalance of intestinal bacteria. Although not scientifically proven, the most common food intolerances associated with irritable bowel syndrome are dairy, wheat and gluten. PS from Factor Ready: Look into the Food Safe Allergy (blood spots) Test Kit offered at Life Extension Foundation ([LEF.org](http://LEF.org)). One test for up to 95 different foods.

### **Questran...(Generic name: Cholestyramine Resin)...Rx for IBS related Diarrhea...**

<http://www.ibstreatments.com/questran/>

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### Prescription Uses...

Questran, or cholestyramine, is an oral resin used to bind bile acids. It was originally used to treat itching caused by cholestasis. Its main use is to treat high cholesterol, lowering total cholesterol and LDL, or bad cholesterol, levels. Caution should be used if there is an associated high triglyceride level, because it may increase triglyceride concentrations. It is still being used to decrease cholesterol, but usually to prevent or to treat heart disease. Cholestyramine is an old drug first approved by the FDA in 1966. Attempts to make it over the counter have not been successful. Cholestyramine is also used to treat diarrhea-predominant IBS, cardiac glycoside toxicity, diarrhea associated with excess fecal bile acids (such as in patients with a resected bowel), and pseudomembranous colitis.

Cholestyramine resin acts by releasing chloride and combining it with bile acids in the intestine to form insoluble, nonabsorbable complexes that are excreted in the feces along with unchanged resin. The excretion in the feces prevents the bile acids from returning to the liver by enterohepatic circulation. Lowering the bile acid concentration in the hepatocytes causes an increased conversion of cholesterol to bile acids, resulting in a replenished supply of these compounds, which are essential components of the bile. This causes a decrease in the intracellular cholesterol concentration, which activates an increased uptake of LDL particles. The final outcome is a decreased plasma cholesterol concentration.

### Contraindications...

Severe adverse drug-drug interactions may result if cholestyramine is taken with: raloxifene (Evista, an anticancer drug), mycophenolate (immunosuppressant), and hydrocortisone (steroid). Cholestyramine is well-known to cause drug interactions by binding and decreasing the concentration of many drugs. To minimize drug interactions, other drugs should be taken at least 1 hour before or at least 4-6 hours after taking cholestyramine.

### Adverse effects...

The most frequent adverse effect that occurs with cholestyramine is constipation. The constipation is usually mild and transient and can produce fecal impaction. It is recommended to drink plenty of water when taking cholestyramine. Other side effects are abdominal pain with cramps, heartburn, nausea, and vomiting. Less frequent effects are headache, dizziness, diarrhea, flatulence, and perianal irritation.

Cholestyramine binds to Vitamin K, which increases the risk for bleeding due to Vitamin K deficiency or affecting warfarin. Precaution is needed in children and the elderly because of an increased risk of developing acidosis.

PS from [FactorReady.com](https://www.factorready.com): Computer search on above Rx product (such as results at internet site: <https://www.drugs.com/comments/cholestyramine/for-irritable-bowel-syndrome.html>) indicates it has helped many diarrhea-predominant IBS cases, and is relatively affordable as well. You may therefore wish to try it, should natural remedies not work sufficiently. However, as with any prescription medication be aware of side effects and discuss any usage with your doctor. As for other Rx drugs, two FDA approvals have been announced on Viberzi (eluxadoline) and Xifaxan (rifaximin), both of which are designated as treatments for the IBS-D diarrhea issues. On the constipation IBS-C side, Linzess (linaclotide) has been on the market a while and often mentioned along with several others. Some potential natural remedies applicable to various routine constipation issues follow below...

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### **Here are 10 simple home remedies that you can use to stop constipation...**

<http://dailynaturalremedies.com/10-home-remedies-for-constipation/10/>

#### 1. Olive oil...

Take a tablespoon of olive oil, and if you don't like the taste of it add a teaspoon of lemon juice, and take it like medicine every morning. Don't do it at night as this method works best when you have an empty stomach. The reason this works is because of the consistency of oil. When it passes through your system it stimulates it, helping move things along in your colon and aiding regularity.

#### 2. Molasses...

Consume one teaspoon of blackstrap molasses and you'll begin to feel the effect over a few days. Be sure to consume it every morning and you'll notice a big difference. You can also consume it with some warm water or tea if you don't like the taste. Blackstrap molasses has been boiled three times, making it crystalized and full of vitamins and magnesium, which are perfect for helping stimulate the digestive system and improving regularity.

#### 3. Coffee...

Coffee is your best friend when you're hungover or tired in the morning, but it could also be perfect for helping stop digestion. Instead of forking out money for expensive medicines, simply start drinking some good quality black coffee. Drinking one or two cups per day is fine, but more than that may cause some adverse side effects. Coffee is so effective because it stimulates the digestion system with caffeine. It is a natural diuretic however, meaning that you will urinate more often when you drink it. This dehydrates the body and makes constipation more likely. So stick to one or two cups per day and you should see a huge decrease in the regularity of constipation!

#### 4. Exercise more...

Many people who suffer from regular constipation are actually experiencing the problem as a result of not moving around enough. To this day scientists aren't entirely sure why this is the case, but we do know that when you move, it seems to encourage your colon to work properly. The body helps get those muscles moving and digesting your food properly. So, be sure to get more exercise and if you're eating before you head out, be sure to wait around an hour before doing anything too strenuous.

#### 5. Eat more fiber...

A simple change to your diet can help your colon get moving and stop you getting constipation all the time. You just need to start eating more fiber! Fiber is essential for moving food along your digestive system as it can't be digested. It draws in water, swells up and pushes bulk through your colon. Need more fiber? Eat more apricots, plums, potatoes, nuts, pears, berries and whole grain foods!

#### 6. Healthy bacteria...

You'll find healthy bacteria, or 'gut flora' in a wide range of health foods and yogurts, and they're surprisingly important. You might not eat yogurt all that much, but the bacteria found in products like this are important for maintaining a healthy digestive system. These gut flora help break down your food as efficiently as possible, so consuming yogurts filled with probiotics can do a whole world of good for you.

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### 7. Prunes...

Prunes are the classic home remedy for stopping constipation! A glass of prune juice won't cut it, either – you need two! This is one of the very best natural laxatives out there, and prunes are delicious, too. Prune juice is packed full of fiber and sorbitol. The fiber moves the bulk along your colon and the sorbitol softens your stool. It is a naturally-occurring carbohydrate that takes in a lot of water when it passes through your intestines. This makes it easy for you to pass waste.

### 8. Epsom salt...

Another great home remedy for constipation is Epsom salt. Take two teaspoons of the salt for an adult (or half a teaspoon for a child) and mix it with a cup of fruit juice or just plain water. Drinking salt water is not exactly the easiest thing in the world, which makes fruit juice a better alternative for most people. When you consume all this salty, which has more magnesium than regular salt, your bowels are signalled to begin contracting – hence stopping your constipation.

### 9. Baking soda...

Mix a teaspoon of baking soda with a quarter of a cup of warm water and you'll have a simple and effective tonic to solve your constipation woes. This can also help if you have a sore stomach. The bicarbonate nature of the substance means that air will be encouraged to be expelled from the body – either from the top or bottom – helping ease your constipation and pushing things through the colon.

### 10. Aloe vera gel...

Finally, if you can find aloe vera juice or aloe gel, you can help ease constipation by consuming two tablespoons or one cup respectively. You can mix the two tablespoons of gel to fruit juice, or drink the aloe juice by itself. The plant is great for making your stomach settle and getting rid of any pain, and when it's concentrated it can actually trigger your colon to digest and contract.

PS from [FactorReady.com](http://FactorReady.com): It is our hope some of these natural remedies will ease any issues we may be confronted with where diarrhea IBS-D or constipation IBS-C involved. Please do your own research for other possible remedy listings and by all means always obtain professional medical recommendations. Stay Weill, Stay Prepared and Stay Prayed Up!