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## Soft watery stool

So I got loose stools for 3 years now and everything started when I traveled to and fro and eat food from the outside. I consulted the doctor and took the drugs, but he continued. I see that the consistency and frequency is quite reduced now, but I still have stools dissolved twice a day. Sometimes I also feel mild lower abdominal pain and rectal pain (more like an discomfort) during hiring aft. I don't have stomach pain or weight. I've been too stressed out for a long time and that makes me feel more stressed. Can anyone give the right cause, please? Very appreciated Watery eyes (epifora) persistent tear or excessively is a condition that affects my health. My eye doctor believes my eyes are overly dry and prescribed by the eye drops of Restasis. These drops don't help at all. This month I was examined by a doctor specializing in aqueous eyes. He prescribed Espinastine HCl Ophthalmic Solution, (0.05%) Laceration was reduced by about 20-25%. I have a date with this specialist today. However, I don't think the eyes drops are the solution to my condition. I'm 72, working around the house and the garden. I walk and exercise 2-3 times a week. I'm a retired American Marine in shape. I'll get high-pressure meds. Bloating, gases and aqueous movements, soft bowels characterize loose feces or diarrhea. While some causes of diarrhea can be attributed to singular instances such as food consumption or alcohol too fat or spicy, others are more severe, from a virus to a digestive disease or basic disease. The recurring diarrhea may cause dehydration and other complications. Some people cannot digest lactose, gluten, or alcoholic sugars, and eat them results in loose feces or a bout diarrhea (fresh stools dissolved during a period of days.) Sugar alcohol exists invegetables and artificial aromas. Fat food with high amounts of fat, or excessively spicy foods can cause excesso form in the intestine and small intestine, making food travel faster and causing more loose stools. Images JazzIRT / Getty Some bacterial infections, especially those in uncooked or improperly managed food, can cause loose stools and diarrhea attacks. E.coli, salmonella and trichinosis are common food diseases caused by microbes. Contaminated water can also contain high levels of bacteria that cause diarrhea. To avoid contracting these diseases, store foods that can be lost under 40 degrees and heat meals at temperatures above 145 degrees. Wash completely fruit and vegetables and thoroughly wash your hands before preparing food. urfinguss / Getty Images The irritable bowel syndrome is a chronic health condition characterized by frequent "flare-ups" or bouts of diarrhea or constipation. Abdominal pain, swelling and gas also affects people with IBS, such as stress, poor dietary choices and alcohol consumption. Eating mild foods and limiting dairy and fast food can reduce the severity of flare-ups. Therapy and awareness can help people reduce the amount of stress in their lives. Tharakorn / Getty Images ulcerative colitis occurs when the colon and rectum become inflamed, resulting in loose (sometimes bloody) stools. In addition to diarrhea, abdominal pain, frequent gas and fatigue can also be present. The less common symptoms include joint pain and eye pain, as well as mouth ulcers, appetite loss and quick weight loss. Wild / Getty Images Like ulcerative colitis, Crohn's disease is a chronic condition, autoimmune in which the lining of the digestive system becomes inflamed. It can cause diarrhea and loose stools, as well as abdominal pain and fatigue, swelling and blood in the stools. While the symptoms of Crohn's disease and ulcerative colitis are similar, theand the treatments below may vary. EncroVision / Getty Images Celiac disease causes a severe immune reaction to gluten, a protein in grain and other foods. Diarrhea or loose stoola common side effect when a person with Celiac consumes gluten. Other less extreme forms of gluten intolerance – non-Celiac gluten sensitivity – may also cause diarrhea and other adverse gastrointestinal symptoms. Bile is produced in the liver and helps the liver to break the liver in separate nutrients for absorption and delivery throughout the body. Some chronic conditions can cause degenerative effects on the liver and gallbladder, compromising the action of the bile and preventing the correct breakdown of fats in the intestine. Gallstones stones and liver cirrhosis are two such conditions. The bile acid malabsorption can cause diarrhea or loose feces. Dr. Microbe / Getty Images The thyroid gland regulates metabolism, the speed at which we digest and create energy from food. Hyperthyroidism is a hyperactive thyroid, which results in excess production of some hormones. Poor sleep, mood instability and swelling around the neck are common symptoms. When the thyroid gland produces too many hormones, interference with body functions can cause stools or diarrhea dissolved. Chronic pancreatitis is a long-standing inflammation of the pancreas that causes changes in the structure and function of the pancreas. The two main causes of chronic pancreatis are chronic alcohol consumption and cigarette smoke. Pancreas becomes inflamed and this inflammation affects the proper distribution of fat, starches and protein. Chronic pancreatitis causes loose stools, vomiting, cramps and nausea. magic / Getty Images People who have had a surgical weight loss surgery, including gastric bypass and gastric sleeves, are unable to eat certain foods, drink a lot of alcohol, or consume large portions. Refined sugar and high-fat foods can trigger what is known as " dumping syndrome", which is exactly asThe surgically altered digestive tract is unable to digest food, and consequently, food moves rapidly through the intestine, causing painful cramps, vomiting and diarrhea. Photos:have a new favourite material: cement. Economical and versatile, it can be used in seemingly limitless ways, not only for large applications outside the courtyard, but also for smaller creations within the house. Such projects do not require special skills or previous experiences. In fact, to make a simple stool like this, all you really need are some basic tools, a bucket, a wooden dowel, and some cement mix QUIKRETE®. Easy to do and captivating in its pared-down look, the so-called bucket stool offers a wonderful introduction to the process of work with concrete. Perhaps better than all, it is going to cost only about \$5! MATERIALS AND TOOLS Available on AmazonPhoto: quikrete.com – QUIKRETE® 5000 Concrete Mix – 1 wooden towel from 1/4"----- 5gallon bucket – Copper pipes and washers (optional)STEP 1Photo: quikrete.com Start its three-legged stool in concrete preparing Starting from cutting the 48 inch wooden dowel (available at your local hardware store or home center) in three equal lengths of 16 inches. To make cuts, use any type of saw you feel the most comfortable with; you do not need to be a power tool like the circular saw shown in the photo. Be aware that the diameter of the towel determines, to a large extent, the robustness of the stool. These instructions specify a dowel with a diameter of a quarter and a quarter. While you can work with a dowel that is wider, it is better not to cut your legs from a dowel which is narrower than a thumb. That said, if you find an old broomstick or rake handle whose diameter fits the bill, you can be able to save a little money and the discomfort of a trip to the store. STEP 2Photo: quikrete.comOK, so what role does the bucket play? Well, for wet concrete to hideright, the material must be put in, and allowed to dry inside, a form whose blank space corresponds to the desired design. In this project, the bucket acts as a form because its circular circularin accordance with the shape and size necessary for the seat of the stool. If possible, use a bucket that has a smooth background; In this way, no compensations end up on the top of the seat. Typically, mix the concrete separately and only then deposit it in the form. Here, the bucket serves double duty as both the shape and the cement mixing vase. First clean and dry the bucket, then pour in three inches of QUIKRETE® 5000 cement mix. Next, add some water and carefully combine the two. Be careful not to use too much water. Thus doing can lead to weak concrete with the tendency to crumble. Mix the wet cement until it takes on the consistency of the cookie dough. STEP 3Photo: quikrete.com Once the concrete is mixed to the appropriate consistency, it is important to dispose of the suspended air bubbles inside the material. There is a simple way to do this: Just shake the bucket on one side and repeatedly touch the outside with your hands or a hammer. When the cement, now devoid of air bubbles, it settled, you are ready to put in the legs of the stool. Attach each leg about one inch and a half into the concrete, leaving its opposite end rest against the bucket. Pay attention to positioning. Do not put your legs close together; instead, try to place them equally apart. Once the legs are in place, wait about a full day for the cement to dry. STEP 4Photo: quikrete.com When the cement is cured, you can go to the "waking" – that is, bringing the stool virtually complete out of the bucket. To do so, fold the sides of the bucket outwards in all directions, gently detaching the concrete from the shape. Next, pull the stool out of the legs - it should get out easily, but if you run into trouble, you can always cut off theInspect the concrete seat and, if desired, smooth any rough edges with 120 grilla sandpaper (at this point, the cement must still be easily machined). Finally, face your legs. If your stool came out a bitor if you simply want to add a little decorative touch, then go ahead and attach washers and pipes copper cappucci at the ends of the legs. To prevent those plugs from moving, you can opt to ensure them in place with construction sticker, but it is not strictly necessary. Before you stop your legs, you can also consider painting, coloring, or dip your legs with semi-gloss home paint in your favorite color. Watch the project gathered in a video step by step, thanks to QUIKRETE®! For more details on the concrete stool project, visit QUIKRETE®!Foto: quikrete.com This post was brought to you by QUIKRETE®. His facts and opinions are those of BobVila.com. 1 Gratitude Check: Vintage Thank you Phrases to Spice Up Your Sentiments 2 How is Cinco De Mayo Celebrated? 3 How to set the time on a G-Shock Case Watch 4 How long does Mail take from State to State? 5 What are the deficits of urination? Sometimes you can trace a particularly bad bout of diarrhea directly back to a sketch chicken salad sandwich you bought at a deli, or a bag of sugar-free gum bears you finished cleaning. But sometimes you can't figure out what you could do to deserve intestinal problems. The truth is that there are many potential causes of diarrhea, so it is not always so easy to identify what brought it, says Gina Sain, MD, MPH, a gastroenterologist and head of the Institute of Gastrointestinal mobility disorders and integral health in New York City. Diarrhea can be a result of something mundane, such as stress, or "more nefari cases" such as infection and bacteria, says Dr. Sam. Understanding what is causing diarrhea can help you treat it faster. While it is normal to experience this from time to time, it is important to take it to the doctor if symptoms last more than five days, says Dr. Sam. "If the diarrhea isyour life, if you feel uncomfortable going out or you're keeping awake at night, it's time to see your doctor," Dr. Dr. Dr.He says. And remember that, like any other health concern, do not let the embarrassment puts in the way of looking for the treatment that might be necessary. "We all poop, and there's nothing wrong with getting a professional opinion," he says. That said, if you need help to understand why this fate has happened to you, read how Dr. Sam explains some common causes for diarrhea. Seeing blood in your feces can be very worrying. For most people, fear is that this is a sign of colon cancer. Although the blood in the stool is considered a red-flag digestive symptom, it does not automatically mean that you have a threatening disease. Let's take a look at what this symptom might mean. Your doctor may determine the probable cause and what treatment is appropriate. These are some of the possibilities. Very well / JR Bee Hemorrhoids A hemorrhoids that started bleeding is one of the most common causes of blood in the feces. Hemorrhoids appear when the blood vessels in the rectum or anus become swollen and inflamed. Bleeding from a hemorrhoids is typically bright red in color. Anal cracks are another possible cause of blood in the feces. An anal slit is a tear in the fabric that covers your anus. In addition to causing brilliant red blood to appear in the feces, anal cracks can also cause symptoms of anal pain and/or itching, as well as pain during bowel movements. The Colon Polyps Colon polyps are clays in the colon that are at risk for the development of cancerous tumors. Typically polyps do not cause any symptoms, but bleeding can occur and present on or in the feces. Inflammatory bowel disease (IBD) in both its forms ( ulcerative colitis and Crohn's disease) can cause blood to appear in your stool. Fungal disease is when there are small envelopes along the lining of yourintestine, even if it is not terribly common, these bags can bleed. If this happens, you can see a great deal of blood inStool. Most of the time, the fungal hemorrhage will stop suddenly. However, in a small number of cases, the condition can become threatening and require admission to an intensive care unit. If you experience large amounts of blood on the feces, seek medical assistance immediately. Colon cancer Blood on or in the stool is often the first obvious sign of the presence of colon cancer. That is why it is essential that any sign of blood on the feces is brought to the attention of the doctor. The blood from a cancerous growth in the colon can cause the stool to appear dark, black, or tar color. Bloody disease of the digestive tract that occurs higher in the digestive tract (esophagus, stomach, or small intestine) can also cause the stool to appear dark red or black. Possible culprits include pettic ulcers, esophagitis, esophagi tears and tumors. Sometimes the color of the feces can change because of eating some foods or taking some supplements. You could confuse it with blood in the feces. Here are some examples: Pepto Bismol Iron supplements Foods with colorations of black or red food Beet and other red vegetables If you find blood in the stool or on toilet paper or see other evidence of rectal bleeding, the first thing you have to do is call your doctor and fix an appointment. The doctor will assess the symptoms and decide whether further investigation is necessary or not. While it will usually be due to a minor or benign cause, it must still be checked so that a serious cause can be faced. Based on your symptom image, your doctor will choose which diagnostic tests are more appropriate. Most doctors will take a complete story and do a physical examination, which may include a rectal examination. Blood work may or may not be taken. Some other possibilities include: Colonoscopy Sigmoidoscopy Barium enema IG Series Don't.blood in your feces. While it is not necessary to exaggerate, the correct action is to immediately bring theand worries for the attention of the doctor. With proper diagnosis, the underlying problem can be dealt with appropriately. Thank you for your feedback! What are your concerns? worries?

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