

# What's causing your diarrhea?



*Diarrhea, the runs, GI distress. They've earned a medical designation: IBS-D. Tens of millions suffer from it. Learn about the possible causes, and an ingenious natural solution, in the following article from our friends at Medtrition.*

*—Dr. Hoffman*

*This article contains content from one of our trusted sponsors.*

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Everyone experiences diarrhea in their lifetime. It is, unfortunately, one of the most common health complaints, and it ranges from mild to severe. In rare cases, it can even result in death from aggressive bacterial infections and dehydration.

Diarrhea is an abnormal bowel movement involving watery stools. It is often painful and is paired with stomach cramping and discomfort. Foodborne illness often results in diarrhea, as well as a lot of chronic health conditions involving the digestive tract.

Diarrhea is oftentimes caused by an infection or irritation in the gastrointestinal tract. Your body has natural bacteria, also known as “good” bacteria that it needs to break down food and keep balance in your digestion. When a disruption in your gastrointestinal tract happens, diarrhea is common.

The most common reason people get diarrhea is from bacteria or viruses in their gut. This can be from occurrences like exposure to airborne germs, spoiled foods or drinks, or even using a bathroom after someone who was ill.

There are other things that cause diarrhea besides just illness. An undiagnosed food allergy can cause diarrhea. Abusing alcohol can also cause diarrhea. Underlying conditions such as diabetes, Crohn’s disease, ulcerative colitis, and overactive thyroid also commonly cause diarrhea. Cancer treatment commonly leads to digestion and bowel movement problems.

Medications and side effects from health-related practices such as radiation or surgery can cause diarrhea. Those who have had body disturbances like surgery can also experience it post-operation. And less common, but it still happens, there are people who get diagnosed with runner’s diarrhea which is where they experience it after a run or very strenuous exercise.

Certain foods can cause diarrhea for certain people. There are people who get it from consuming caffeine, for example, or from eating spicy foods. Everybody is different, but people will usually start to notice trends.

## **How to manage diarrhea**

Unfortunately, chronic diarrhea does not have an end-all cure, but it can be managed. There are medications that can help, but they are not designed to be long-term solutions, and oftentimes lead to dependency from the diarrhea/constipation cycle. If you have food poisoning, for example, your body needs to expel the virus and medications stop the movement of the digestive tract. If you suffer from IBS-D, taking medications like Imodium leads to constipation and the drugs don’t address the real problem which is irregularity and a lack of beneficial gut bacteria.

Thankfully, there is a clinically supported medical food that has been helping patients for years, now available directly to the public. **Banatrol Plus** is the number one natural solution to diarrhea used in hospitals and oncology centers around the world. Its natural ingredients pair the soluble fiber from banana flakes with a patented and clinically supported prebiotic. **Banatrol Plus** is the number one natural anti-diarrheal that can be taken daily without the fear of side effects,

which is why it's becoming so popular for IBS sufferers.

**Banatrol Plus** is safe to take daily, unlike medications like Pepto Bismol and Imodium. It is a natural medical food that you can mix in with water, juice, smoothies, yogurt, and more. No prescription is required, and you can try it risk-free for 30 days and join the hundreds of thousands who have already benefited!