

Problems of the Digestive System

Some common problems of the digestive system include:

- 1) Indigestion
- 2) Ulcers
- 3) Diarrhea
- 4) Constipation
- 5) Tooth decay

Indigestion is a general term describing pain of discomfort that occurs after eating.

Eating too much, too little, or eating too fast can all cause indigestion, as well as some food.

Heartburn occurs when acidic juices from the stomach go up into the esophagus.

The acid irritates the esophagus and causes a burning sensation.

Ulcers are sores, or holes, that develop in the mucous lining of the stomach or small intestine.

Ulcers develop when the mucous lining does not protect the delicate tissues from the acid.

A bacteria can cause ulcers, and can be aggravated by stress.

Diarrhea and Constipation

Sometimes the large intestine fails to absorb enough water from wastes.

Diarrhea results when frequent, strong peristalsis moves wastes through the large intestine too quickly for water to be absorbed.

Diarrhea can be caused by stress and by certain viruses and bacteria.

Constipation results when wastes move too slowly and too much water is absorbed.

The wastes become more solid and difficult to pass.