



# VitaMin

Vital health information in a minute

## GO WITH YOUR GUT

When you're dealing with tummy trouble, you want fast relief. You might reach for antacids, laxatives or other medicines. But you also want to know what's causing your symptoms. You may be surprised by how much your gut can tell you about your physical and mental health.

You may already know that stomach issues can be caused by what you eat. But you may not realize that they can also be caused by how you're feeling – stressed, worried, etc. After all, your brain and your digestive system are closely related. Here's a look at three common digestive issues and the physical and emotional factors that can cause or trigger each one.

**Constipation** may be caused by a poor diet, not getting enough exercise, or using laxatives too often. Holding back bowel movements can also cause constipation if the delay is too long.<sup>1</sup>

*Try this:* Add more fiber and water to your diet and increase your physical activity.

### Sources:

1. National Institute on Aging. "Concerned about Constipation?" <https://www.nia.nih.gov/health/concerned-about-constipation> (updated July 28, 2017)
2. WebMD. "IBS Triggers and How to Avoid Them." <http://www.webmd.com/ibs/guide/ibs-triggers-prevention-strategies#1> (last reviewed/updated March 9, 2016)
3. MedlinePlus. "Heartburn." <https://medlineplus.gov/ency/article/003114.htm> (last reviewed/updated March 9, 2017)

This is intended to be general health information and not medical advice or services. You should consult your doctor for medical advice or services, including seeking advice before undertaking a new diet or exercise program.



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