

News from the Health Office

Intestinal Infection

Are you suffering from nausea, vomiting or diarrhea? These are the most common of intestinal infection symptoms displayed. Read the article carefully to find out if you are indeed suffering from intestinal infection.

There are many health promoting bacteria present in our bodies. However, there are some of the harmful types that are responsible for intestinal infections. Let's first understand what is an intestinal infection, before we read about intestinal infection symptoms.

What is Intestinal Infection?

An intestinal infection is an infection, that is caused by bacteria, virus, yeast, fungus, mold, [intestinal parasites](#) or poor personal hygiene. These organisms create havoc in the gastrointestinal tract of humans. The organisms can be collectively referred to as pathogens. These pathogens infect the intestines and urinary tracts more than any other part of the body. An intestinal bacterial infection can also be life threatening. The threat depends on the type of bacteria, which has caused the intestinal infection. If intestinal infection is intestinal yeast infection, then it is often not observed till the yeast starts converting to fungi. There are many reasons why the yeast converts into fungi. One of the reasons is intestinal infection antibiotics. If the person consumes a lot of antibiotics, along with poor dietary habits, it gives the yeast a conducive environment to convert into fungi. For more information, refer to [intestinal parasites in humans](#).

Causes of Intestinal Infection

More often than not the cause of intestinal infection, is the food that we eat. If food is not handled well, there are chances that it will get affected with bacteria. If food is left open in the sun, it can become a breeding ground for bacteria. Bacteria, like cholera bacterium, breed in unhealthy, unhygienic living conditions. If you are a shellfish eater and if the shellfish is not cooked thoroughly, then be sure that you have accorded a grand welcome to these pathogens in your body.

Intestinal Infection Symptoms

Find the intestinal infection symptoms below.

- *Abdominal Cramps*: More often than not abdominal cramps are caused by bacteria. Often these cramps can become severe and last for about 3 to 4 minutes.
- *Nausea*: This is one of the most common of intestinal infection symptoms. The person experiences an aversion to even his most loved food. If nausea and food aversion continues for a very long period of time it is necessary that a health care professional is consulted.
- *Diarrhea*: Very often, the pathogens present in the intestinal tract cause [diarrhea](#). Diarrhea can cause dehydration, therefore do not overlook this particular intestinal infection symptom.
- *Loss of Appetite*: There are many reasons, which can cause loss of appetite and intestinal infection symptom is one of them. You will have to speak to your physician to know what is the cause of the loss of appetite in your case.
- *Abdominal Pain*: Intestinal infection can cause abdominal pain. If you have been suffering from abdominal pain consistently for a prolonged period of time, then you should not waste any time and get yourself checked by a health care professional.
- *Constipation*: If the intestinal infection is due to parasites, it can cause [constipation](#). There are some worms, which are large enough to block the intestinal system. Severe infection in the intestine can make bowel movement very difficult.
- *Irritable Bowel Syndrome*: Parasites attach themselves to the intestinal wall by digging into the lining. This can give rise to an [irritable bowel syndrome](#).
- *Sleep Disorders*: Very few people know that an intestinal infection can cause [sleep disorders](#). The infection causes irritation and the person finds it difficult to sleep. When the person is sleeping the body tries to eliminate the toxins from the liver, but the parasites make this task difficult.
- *Impaired Immune System*: The pathogens present in the body draw out all the nutrients and thereby, impair the [immune system](#), which also many a times, leads to [anemia](#).

- *Teeth Grinding*: It is caused due to waste released by the pathogens and toxins present in the body. Teeth grinding happens only at night and is also known as bruxism or gnashing of teeth.
- *Depression*: Among various reasons, which can cause [depression](#), intestinal yeast infection is one of them.
- *Headaches*: This is an intestinal yeast infection symptom. If you have been having frequent headaches, do not waste any time. Get it checked by your health care professional.
- *Skin Rashes*: [Skin rash](#) along with itching and burning are also caused due to an intestinal infection.
- *Sinus*: Did you ever think that [sinusitis](#) can be caused due to an infection in the intestines? Indeed, sinus can be caused due to the presence of intestinal pathogens.

Intestinal Infection Treatment

The first step to treat an intestinal infection is to stop eating food outside your home. You can try a liquid diet just for a day. When you are on a liquid diet, buttermilk and fresh lime juice should become your staple diet. Foods which are heavy to digest, should be avoided at any cost, when you are suffering from intestinal infection symptoms. It is important that you keep yourself well hydrated, as chances are that you might get dehydrated. There are many [home remedies](#), which you can make use of for treating intestinal infection like drinking ginger tea, peppermint tea, eating a banana, etc.

For more information, you can also refer to:

- [Human tapeworm intestinal parasite infection](#)
- [Intestinal blockage symptoms](#)

To keep an intestinal infection bay, it is important that you maintain **good personal hygiene**, along with healthy eating habits. In case you notice any intestinal infection symptoms, then do not waste time. Get yourself examined from your physician. It is important to remember that if there is any problem with your digestive system, your health will suffer as it is the intestines, which give the body the required nutrients and form a major part of the functioning of your body.

Yours in health,

AAS Medical Staff