

Diarrhoea

What are the causes of diarrhoea and what is it?

Diarrhoea is an unpleasant and annoying symptom commonly caused by a digestive issue.

Normally we should pass a stool 2-3 times per day that should be solid and easy to pass. When you have diarrhoea stools are loose and watery. This can prevent you from absorbing vital nutrients.

What are some of the most common causes of diarrhoea?

SIBO

SIBO (small intestinal bacterial overgrowth) is a condition in which bacteria from the large intestine migrate to the small intestine, where they cause irritation.

Food sensitivities & food poisoning

These are a known contributor to diarrhoea. If your body doesn't like something, it will try to get rid of it as quickly as possible.

Chronic stress

Too much of the stress hormone cortisol disturbs the digestive system. It's a known contributor to symptoms of IBS, including diarrhoea.

Parasites or infections

Parasites can attach themselves to the lining of the small intestine, affecting nutrient absorption and causing diarrhoea.

Low stomach acid

Without enough stomach acid, food cannot be broken down properly. This can lead to diarrhoea.

Inflammatory bowel disease (IBD).

Diarrhoea is frequently associated with Crohn's disease and ulcerative colitis, which are autoimmune inflammatory conditions of the intestines.

Too much caffeine

This can act as a prokinetic, meaning it makes food move through the digestive system too quickly.

Too much alcohol

Alcohol irritates the digestive tract, affecting its function and contributing to diarrhoea.

Hyperthyroidism

This is a condition in which you have too much thyroid hormone available. It causes everything to speed up, leading to diarrhoea.