

Gastrointestinal disorders and its treatment

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All diseases that pertain to the gastrointestinal tract are labelled as digestive diseases. This includes diseases of the oesophagus, stomach, duodenum, jejunum, ileum, the ileo-cecal complex, large intestine (ascending, transverse, and descending colon), sigmoid colon, and rectum. Problems associated with a compromised GI System include: gastritis, colitis, leaky gut, Chron's disease, irritable bowel (IBS), ulcers, constipation, diverticulosis, diverticulitis, diarrhea and hemorrhoids. Each disorder has its own underlying causative factors, but common to all are usually poor diet/nutrition and inflammation. Causes of GI disorders may be poor diet and nutrition. Underlying causes of GI disturbance include microbes (*e.g.* Bacterial, viral, parasites, etc.), toxins (*e.g.* Toxins in foods and heavy metal toxicity in the nervous system or the Celiac Ganglion), poor nutrient levels, physical damage to tissues, congestion, overuse, or dysfunction of the accessory organs, or compromised energy flow in the system. Any one or any combination of these leads to irritation, inflammation (which can cause further problems throughout the body), dysfunction or degeneration.

Treatment for all GI disorders includes removal or correction of the underlying factors, repair of damaged tissues, and eliminating inflammatory reactions while simultaneously providing healing nutrients and healthy bacteria by the tissues involved (probiotics).

Allergies to foods and additives must also be eliminated to reduce irritation and damage to the GI lining. Allergies are very common to dairy, wheat and gluten and can be eliminated with allergy elimination techniques combined with avoidance of the involved offenders.

Biography

Manisha Mishra has completed her Ph.D. at the age of 29 years and postdoctoral studies at the age of 34 years from Institute of Medical Sciences, B.H.U., Varanasi, India. She is Post Graduate Teacher (Biology) at the Central Hindu Girls School, B.H.U. Varanasi, India, a world-fame central government organization. She has published more than 25 papers in reputed journals and serving as an editorial board member of International Journal of Pharma & Biosciences, a journal of repute.

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