

# Diarrhea

## Symptoms

- Frequent stools
- Loose or liquid stools

Diarrhea describes frequent, loose even liquid stools. Diarrhea is often the symptom of another health condition, such as food poisoning, food intolerance, gastroenteritis, an inflammatory bowel disease, etc. An antibiotic treatment can also cause diarrhea because the antibiotic destroys the good bacteria of the intestinal flora along with the pathogenic bacteria it was targeted at. A visit to the doctor is recommended if a severe diarrhea persists for more than 48 hours or if there is blood in the stools.

## Recommended Products



### Probiotic Xtra Strength

Probiotic bacteria can help prevent antibiotic-associated diarrhea. Begin probiotics as soon as possible after beginning the antibiotic and keep taking probiotics at least one week after the antibiotic.

[learn more >](#)



### Probiotic & Prebiotic

Probiotics help maintain a regular intestinal transit time. Prebiotic fibres favour the growth of probiotic bacteria over the pathogenic ones. This product is recommended in case of gastroenteritis.

[learn more >](#)



### Fibre Plus

Psyllium fibres absorb excess water in the intestines and can help reduce diarrhea by increasing stool consistency.

[learn more >](#)

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# Diarrhea Health Recommendations

## Diet

When suffering from acute diarrhea, we should avoid irritating foods or foods that could cause abdominal cramps as these foods can aggravate the symptoms. Once the intestinal transit time is back to normal, these foods should be integrated back into the diet progressively. In fact, we aim at giving the digestive system a break.

Foods to be best avoided are:

- dairy products
- meats
- strong spices
- desserts and candies
- raw fruits or vegetables (except bananas)
- whole grain cereal products
- fatty or fried foods

Vegetable broths, rice and cooked vegetables should be privileged. Once the symptoms have considerably reduced, the cereals should be first reintroduced, such as white bread and rice. Only once the symptoms are completely gone should whole grains be consumed, because taken too soon, they could irritate the already fragile intestines. If we digest these foods easily, raw fruits and vegetables can be reintroduced, followed by dairy products and finally meats.

## Hydration

The water from rice cooking is very beneficial to help stabilize diarrhea. To obtain it, cook rice in much more water than necessary for at least 30 minutes. Then separate the rice from the water and cool it down. Drink small amounts of this water many times daily. To avoid dehydration, a simple but effective recipe is to mix equal amounts of pulp-free orange juice to pure water and add half a teaspoon of salt. Drink slowly throughout the day to supply your body with the necessary electrolytes and help rehydration.

## Basic Advice

Wash your hands frequently, especially after going to the bathroom, before eating or before cooking. If the diarrhea is associated with antibiotics, allow two hours between taking the antibiotic and taking the probiotics.



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