



The effect of plants on excretion problems in travel

The use of antibiotics can help prevent diarrhea, but the use of antibiotics also kills beneficial microbes. Many of these drugs also have severe side effects, especially sensitivity to sunlight and sunburn.

How unfortunate it is to get sunburned to prevent diarrhea.

- Apple: apple flesh is rich in pectin, that's why apple is a folk remedy for diarrhea everywhere. It hardens the stool and loosens it during constipation.)
- Carrot: Cooked carrot calms the digestive system and controls diarrhea. At the same time, it provides lost nutrients.
- Tea: One of the most astringent plants is regular tea. Because it contains a lot of tannin.
- Fenugreek: Fifty percent of fenugreek seeds have mucilage, which swells the seeds in the intestine and reduces diarrhea. (These seeds also relieve constipation by softening the stool.) Just don't eat more than two tablespoons of jam at a time because it may cause stomach upset.