

Since I don't have any documented reasons, let me share some interesting facts and info.

What Is Diarrhea?

When you have diarrhea, your bowel movements (or stools) are loose and watery. It's common and usually not serious.

Many people get diarrhea a few times a year. It normally lasts 2 to 3 days. Some people get it more often. It could be because they have irritable bowel syndrome (IBS) or other conditions.

What Causes Diarrhea?

Usually, diarrhea happens because of a virus that gets into your gut. Some people call it "intestinal flu" or "stomach flu."

Other causes include:

- Alcohol abuse
- Allergies to certain foods
- Diabetes
- Diseases of the intestines (such as Crohn's disease or ulcerative colitis)
- Eating foods that upset the digestive system
- Infection by bacteria (the cause of most types of food poisoning) or other organisms
- Laxative abuse
- Medications
- Overactive thyroid (hyperthyroidism)
- Radiation therapy
- Running (Some people get "runner's diarrhea" for reasons that aren't clear.)
- Some cancers
- Surgery on your digestive system
- Trouble absorbing certain nutrients, also called "malabsorption"

Diarrhea may also follow constipation, especially for people who have irritable bowel syndrome.

Symptoms of Diarrhea

You may have:

- Bloating in your belly
- Cramps
- Thin or loose stools
- Watery stools
- An urgent feeling that you need to have a bowel movement
- Nausea and throwing up

More serious symptoms include:

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- Blood or mucus in your stool
- Weight loss
- Fever

If you have watery stools more than three times a day and you're not drinking enough fluids, you could become dehydrated. That can be a serious problem if it's not treated.

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