

## 1: Illnesses That Can Cause Body Aches but No Fever | HealDove

*In that case it's like having a "small war going on in your body," but there is a team of superheroes in your body called the villi, goblet cells, muscle cells and brain cells. Together they will join in the battle to help your body get rid of whatever is bothering you.*

The pain may come in waves: What Causes Belly Pain? Some reasons for stomach pain are obvious – like when someone gets hit in the gut or eats spoiled macaroni salad. Often, though, belly pain might be hard to figure out. With so many organs in the abdomen, different problems can have similar symptoms. Here are some of the things that cause tummy troubles: Bacterial infections cause what we call "food poisoning. Viruses, another type of infection, are behind what we call "stomach flu. The good news is you can often avoid them simply by washing your hands properly and often and by not sharing cups, straws, or utensils with others. Constipation Being constipated is one of the most common reasons for frequent belly pain. When people are unable to digest certain foods, doctors say they have a food intolerance. Conditions like lactose intolerance often cause belly pain when someone eats the food milk products in the case of lactose intolerance. If you notice a reaction after eating certain foods, make an appointment with your doctor. Conditions like celiac disease a reaction to proteins in certain grains or food allergies like peanut allergy are different from food intolerance. They involve immune system reactions that can actually harm the body beyond just producing a temporary reaction. Someone who has a true food allergy must always avoid that food – even a small amount could be deadly. Menstrual cramps are a common example of pain in the reproductive organs. Infections in the reproductive system, such as pelvic inflammatory disease PID or other STDs, also can cause abdominal pain in girls. Testicular injuries can make a guy feel sick or even throw up if they are particularly severe. Women often feel nausea during pregnancy. Ectopic pregnancies when the pregnancy implants in the wrong place can cause abdominal pain. Because problems like ectopic pregnancy need to be treated immediately, girls who have belly pain and think they might be pregnant should call a doctor right away. And girls who have had unprotected sex should be tested for STDs – if untreated, they can cause problems like infertility and long-term pain. Anatomical Problems Some diseases or defects can interfere with the way the organs do their jobs, causing pain. Hernias can also block the intestines, as can growths like tumors. Torsion is a medical term that means "twisting. Emotional Distress When people get stressed out, anxious, or depressed, their emotions can trigger physical symptoms, such as headaches or stomach pain. In addition to these causes, belly pain also may be a result of problems that can happen when people have certain illnesses, such as sickle cell disease or diabetes. When to See a Doctor Sometimes, what seems like one problem – food poisoning, for example – can turn out to be something more serious, like appendicitis. Also let the doctor know if you have fever, pain when you pee, trouble pooping or peeing, blood in your poop or pee, if your belly pain is the result of an injury, or if you might be pregnant. Be honest with your doctor, even if a symptom seems embarrassing. Your doctor will probably also give you a physical exam and might order tests, such as an X-ray, ultrasound, or blood test. It all depends on what the doctor thinks is causing the problem. If stress or anxiety seem to be behind the pain, the doctor may recommend talking to a counselor or therapist to resolve the problem. Although people can get pain for many different reasons, most are easy to treat. You can even lessen your chances of getting belly pain by taking a few simple precautions: Wash your hands before eating or preparing food, and after using the bathroom. Drink plenty of water and eat fiber-rich foods, such as fruits and vegetables, to keep food moving through your digestive system. Avoid foods that have passed their expiration date or have been out of the refrigerator longer than they should be. If you have a food allergy or intolerance, avoid eating foods that make you sick. If you have a food allergy, always carry two epinephrine auto-injectors, and know when you should use them.

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### 2: 4 Ways to Cure a Stomach Ache - wikiHow

*This book is great! Getting stomachaches are horrible and every now and then one thinks of the remedies that one could do to possibly stop it, as well as what could have caused it.*

Read on to learn more about all of these symptoms and how you can find relief. Sudden, excessive fatigue is one of the earliest signs of the flu, and it may appear before other symptoms. Take a few days off from work or school and stay in bed. Rest can strengthen your immune system and help you fight the virus. Body aches and chills Body aches and chills are also common flu symptoms. Body aches can manifest anywhere in the body, especially in the head, back, and legs. Chills may also accompany body aches and the flu may cause chills even before a fever develops. Wrapping yourself in a warm blanket can increase your body temperature and reduce chills. If you have body aches, you can take over-the-counter pain medication, such as acetaminophen Tylenol or ibuprofen Advil, Motrin. Cough A persistent cough can indicate an early illness and may be a warning sign of the flu. The flu virus can also cause a cough with wheezing and chest tightness. If you have respiratory problems, such as asthma or emphysema, you may need to consult a doctor to prevent further complications. Also, call a doctor if you notice colored phlegm. Flu complications can include bronchitis and pneumonia. Take cough drops or cough medicine to calm a cough. It can also help to keep yourself and your throat hydrated with lots of water and caffeine-free teas. Always cover your cough to prevent spreading the infection. Sore throat Flu-related coughing can quickly lead to a sore throat. Some viruses can actually cause a swollen throat without a cough. In the earliest stages of the flu, your throat may feel scratchy and irritated. You may also feel a strange sensation when you swallow food or drinks. If you have a sore throat, it will likely get worse as the virus progresses. Stock up on caffeine-free tea, chicken soup, and water. You can also gargle with 8 oz. Fever A fever is a sign that your body is fighting off an infection. While a fever is a common symptom in early stages of the flu, not everyone with the flu will have a fever. Also, you might experience chills with or without a fever while the virus runs its course. Gastrointestinal problems Early flu symptoms can extend below the head, throat, and chest. Some strains of the virus can cause diarrhea, nausea, stomach pain, or vomiting. Dehydration is a dangerous complication of diarrhea and vomiting. To avoid dehydration, drink sports drinks, fruit juices, caffeine-free teas and sodas, or broth. The flu virus also causes the above symptoms in children. However, your child may have other symptoms that require medical attention. With both a cold and flu, your child can develop a cough, sore throat, and body aches, but symptoms are more severe with the flu. Emergency symptoms The flu is a progressive illness. This means that symptoms will worsen before they get better. Not everyone responds the same to a virus. Your overall health can determine the severity of your symptoms. The flu virus can be mild or severe. Seek immediate medical care if you have the following symptoms:

### 3: Your Body Battles a Stomachache by Vicki Cobb

*The experience may not be pleasant, but your body is winning the battle against the virus invaders. Get a close look at this body battle with comic illustrations and ground-breaking photomicrographs. The photomicrographs magnify the actual cellular processes tens of thousands of times, offering you a front-row seat for all the action.*

### 4: "Your Body Battles a Stomachache" Book Review " Diy muslim sisters

*Your Body Battles a Stomachache by Vicki Cobb, Andrew N Harris (Illustrator), Dennis Kunkel (Photographer) starting at \$ Your Body Battles a Stomachache has 2 available editions to buy at Alibris.*

### 5: www.enganchecubano.com: Customer reviews: Your Body Battles a Stomachache

*What do you want your students to accomplish with the text, and how will you implement this in your lesson? How will*

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*you guide your students to construct meaning and grow as readers, based on the theme and content of this particular text? Which readers will deeply connect with this text, and where.*

### 6: Your Body Battles a Stomachache

*Body Battles Please note that the Lexile measures for a small population of books have been recently updated. Enhancements were made to more precisely measure materials read in K-2 classrooms.*

### 7: Your Body Battles a Stomachache - Lexile® Find a Book | MetaMetrics Inc.

*Note: Citations are based on reference standards. However, formatting rules can vary widely between applications and fields of interest or study. The specific requirements or preferences of your reviewing publisher, classroom teacher, institution or organization should be applied.*

### 8: [www.enganchecubano.com](http://www.enganchecubano.com) | Your Body Battles a Stomachache

*HOW DO YOUR GUTS REACT TO A VIRUS? To order this book: Back to Kid's Science Page. To Reach Vicki Cobb.*

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