

# 6 Best OTC Remedies For Diarrhea—And You Can Buy Them Online

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It's like the childhood book taught us—everybody poops, right? But there's a big difference between needing to go number two and having uncontrollable diarrhea, especially at inopportune times ... like before a big work meeting, at a wedding, or while you're on vacation.

Diarrhea is defined as passing loose, watery stools, three or more times a day. "There can be many different causes, but it's most commonly due to food intolerances, certain medications, celiac disease, bacterial or viral infections, or IBS-D," says [Taz Bhatia](#), MD, an integrative health expert and founder of [CentreSpring MD](#).

[IBS-D](#), which stands for irritable bowel syndrome with diarrhea, affects 25 to 45 million people in the U.S., and 2 out of 3 are female. "Patients with IBS-D often experience abdominal pain along with increased frequency of bowel movements, and these symptoms—along with others, like bloating—may force them to miss important social events, school, or professional obligations," says Jonathan Rosenberg, MD, a gastroenterologist at [Illinois Gastroenterology Group](#).

Whatever's causing your repeated trips to the loo, make sure you drink up: With diarrhea

comes the serious risk of dehydration. But you may also need some medication to help settle your stomach.

If you suspect that you have IBS, celiac disease, or another chronic GI issue, see your doctor to make sure that you get the right help. But for most people—including those who only get diarrhea occasionally—one of the following OTC remedies should offer quick relief. Stock your medicine cabinet now so you'll be ready the next time you end up with the runs.

(Discover the ONE simple, natural solution that can help you reverse chronic inflammation and heal more than 45 diseases. Try *The Whole Body Cure* today!)