

Digestive Health

Common digestive problems include:



Acid reflux / Indigestion

Uncomfortable feeling of fullness in the stomach, perhaps burning pain or excessive burping. Can be caused by pregnancy, hiatus hernia, ulcer, posture when eating, overeating, alcohol, caffeine, or fatty foods. Can feel worse when lying down as acid may leave the stomach.



Gall stones

Bile is made in the liver and stored in the gall bladder ready to be used to breakdown fat. A diet high in saturated fats can lead to the formation of gall stones which may block bile ducts leading to pain and discomfort particularly in the upper area of digestion or around right shoulder blade. Women are more susceptible to gallstones as are people with diabetes, or people who have a genetic history of the condition.¹

¹ <http://digestive.niddk.nih.gov/ddiseases/pubs/gallstones/>

Irritable Bowel Syndrome

Alternating bowel motions between loose and constipation. Stress and anxiety are also common triggers for exacerbating the condition. The cause is as yet unknown, but may be the result of food poisoning or stomach upset. Wheat, gluten and dairy are common problem foods causing abdominal bloating and uncomfortable full feeling with frequent flatulence.

Constipation

Insufficient dietary fibre, dehydration, or lack of exercise can reduce the frequency of bowel motions. The longer faecal matter stays in the large intestines, the drier and harder it is to pass.



Digestive Health

Good digestion is important for good health

If digestion is not working as well as it should be, we are unable to absorb nutrients from our diet.

What you can do to help:



- Try to be in 'rest & digest' mode when eating and not rushing around



- Reduce stimulants - reduce caffeine and alcohol to prevent acid from leaving the stomach (indigestion)



- Eat food that stimulates digestion - like pineapple, papaya, rocket leaves



- Drink hot water and lemon or warm water with a teaspoon of apple cider vinegar to stimulate stomach acidity



- Reduce your intake of alcohol, saturated fats and caffeine - to help the liver to produce bile to break down fats



- Drink more water - 6-8 glasses of water every day to keep the bowel working properly



- Eat lots of fibrous foods like raw vegetables, fruit with skin or linseed/ flaxseed to maintain regular bowel motions



- Drink peppermint tea to help reduce uncomfortable abdominal bloating.



- Exercise when you can to keep bowel motions regular

