

How to get relief from Gas & Bloating?

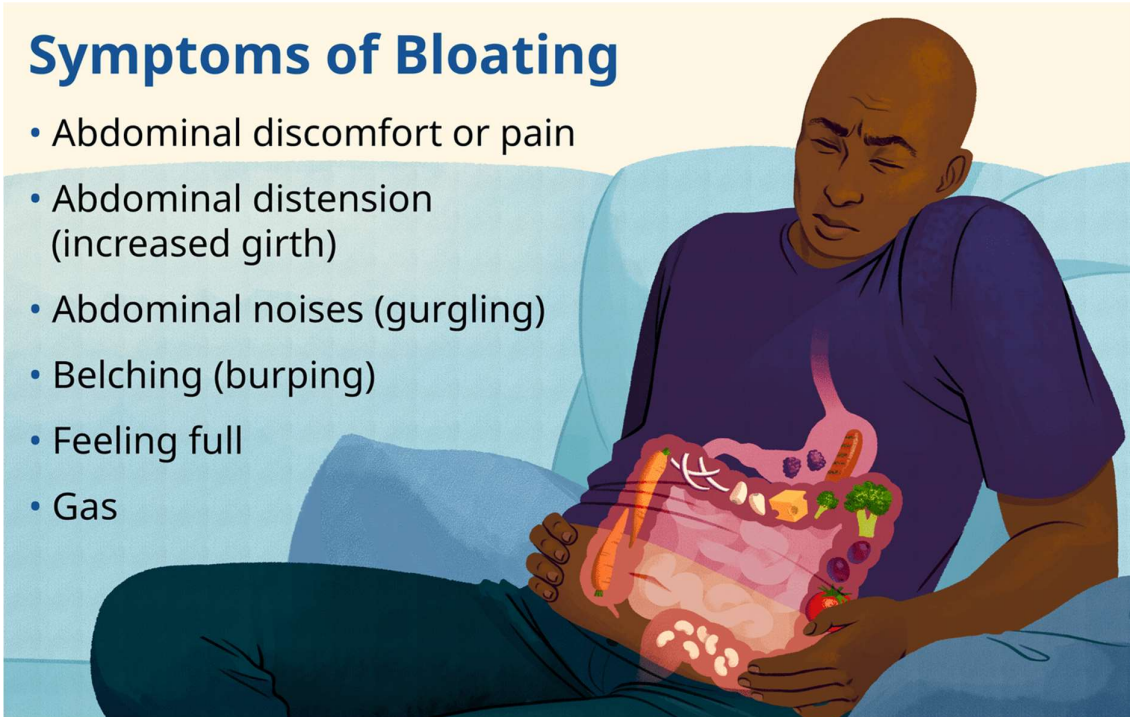


Gas and bloating are common digestive issues that can usually be managed with a combination of dietary, lifestyle, and medical approaches. Here's a comprehensive guide to treating them:

Symptoms of Gas & Bloating:

Symptoms of Bloating

- Abdominal discomfort or pain
- Abdominal distension (increased girth)
- Abdominal noises (gurgling)
- Belching (burping)
- Feeling full
- Gas



1. Dietary Adjustments

a. Avoid gas-producing foods:

- Beans and lentils
- Cruciferous vegetables (e.g., broccoli, cabbage, cauliflower)
- Onions, garlic
- Carbonated drinks
- Artificial sweeteners (sorbitol, xylitol)



b. Eat slowly and mindfully:

- Chewing thoroughly helps reduce swallowed air.
- Avoid talking while eating and drinking through straws.

c. Try low-FODMAP diet:

- FODMAPs are fermentable carbs that can cause gas and bloating. A low-FODMAP diet can help identify triggers.
- Low-FODMAP Diet, include foods like:
 - **Proteins:** Chicken, beef, turkey, cold cuts, lamb, tofu, eggs.
 - **Dairy:** Certain cheeses like brie, Camembert, cheddar, and feta.
 - **Grains:** Rice, quinoa, oats, and amaranth.
 - **Fruits:** Grapes, strawberries, blueberries, pineapple, and oranges.
 - **Vegetables:** Eggplant, potatoes, tomatoes, cucumbers, and zucchini.
 - **Nuts and seeds:** Macadamia nuts, peanuts, and pumpkin seeds.
 - **Fats and oils:** Butter, olive oil, and other oils.



2. Lifestyle Tips

- **Stay active:** Regular exercise aids digestion and helps expel gas.
- **Avoid smoking:** Smoking increases swallowed air and irritates the digestive system.
- **Wear loose clothing:** Tight clothes can increase abdominal pressure and worsen bloating.



3. Natural Remedies

- **Peppermint tea or capsules:** Can relax gut muscles and reduce bloating.
- **Ginger tea:** Helps with digestion and reduces inflammation.
- **Chamomile tea:** May reduce intestinal inflammation and help with relaxation.

4. Over-the-Counter Options

- **Simethicone (Espumisan Gold):** Breaks up gas bubbles in your gut.
- **Activated charcoal (Flatuna, Gasowit):** May absorb gas in the digestive system
- **Lactase supplements (Bioven Lactase Enzyme 300mg) :** For those with lactose intolerance.
- **Probiotics:** Improve gut bacteria balance (look for strains like Bifidobacterium or Lactobacillus).

When to see a Doctor?



WHEN SHOULD I SEE A DOCTOR?

You should see a doctor if your gas or bloating are accompanied by:

- Fever.
- Trouble keeping food down.
- An injury such as a punch to the stomach.
- Vomiting lasting 24 hours or more.
- Severe pain.
- Kidney or liver failure.
- Rapid abdominal swelling.
- Bloody stools.

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