
Digestion – Symptoms, Solutions, Natural Ways To Fix Digestive Problems

The digestive system plays major role in how fit and well you feel about yourself. It is a major part of your body. The digestion process removes the waste from body and absorbs nutrients you need. With today's lifestyle of irregular sleeping hours, irregular eating habits, eating excessive junk and processed food, chemicals in packed foods, antibiotics and medications causing many digestive problems. Many people these days facing digestive problems like gas, bloating, heartburn, nausea, constipation or diarrhea in their day to day life. It is time to identify any of these digestive problems at earliest before it creates chaos in your life. What you need to do is quick fix in your lifestyle, eating habits.

Let's first start with signs and symptoms of digestion problems for early detection. The symptoms of digestive problems are embarrassing, awkward and uncomfortable and these are not easily discussed in public. It means many people suffer in their self and avoids to talk about their problems and seek help. Some symptoms are familiar to all of you like constipation, heartburn, and gas. But there are other minor symptoms, if you get hold of early you will be able to fix problems easily. If you ignore the digestive symptoms and not you do not make early changes to lifestyle and healthy eating to treat your problems can lead to more serious illness.

1) Reflux

It is very common digestive issue. Whenever you feel a burning or hot sensation increasing in your chest at night or after meal, it means you likely to have experiencing Reflux. And if you are facing this problem minimum twice a week it means you have gastroesophageal reflux disease or GERD. Reflux also causes heartburn, bad taste in your mouth, hypersalivation or even food in your mouth. When stomach acid backs up into your esophagus, it is sign of reflux. It is usually caused by certain foods, alcohol, pregnancy, and some medications.

Many people find relief simply by avoiding any food or beverage known to cause reflux symptoms. High fat food, tomatoes and citrus fruits like oranges, lemons, pineapple, chocolates, garlic, spicy foods, Caffeine can cause reflux problems. Including vegetables, oatmeal, ginger, noncitric fruits like bananas and apples, lean meats, sea foods, egg whites and healthy fats like walnuts, flaxseed, olive oil, sesame oil, and sunflower oil in your diet helps reducing reflux. If you still face this problem frequently, you need to consult to doctor.

2) Bad Breath

Are you one of those who are not able to get rid of foul-smelling breath even after brushing your teeth again and again? Digestive issues are the culprit. A fruity smell indicates uncontrolled diabetes. A fishy smell indicates kidney problems. Reflux may also cause bad smelling breath.

Including fermented foods, probiotics in your diet will improve this problem.

3) Food Intolerance

These days “Lactose intolerance” is widely talked term among public. Food Intolerance occurs when a certain digestive enzyme needed for processing certain types of foods is deficient in your body. Lactose intolerance is common example. If you lack the lactase enzyme, your body not be able to digest lactose, which is the sugar found in dairy products. Food intolerance can cause nausea, diarrhea, cramping, bloating and gas.

If you have an allergy (different from intolerance) for any kind of food, simply you should avoid it. If you are intolerant to certain food, again you can avoid it in excess. But sometimes doctors prescribe over the counter pills that can replace the deficient enzyme.

4) Irritable Bowel Syndrome

If you have stomach pain or discomfort 2-3 times per month over a course of several months, it means you may have Irritable Bowel Syndrome (IBS). It can be caused by certain trigger foods like dairy, alcohol, beans, caffeine and gas-producing foods.

To treat IBS, the first step is change in diet. Avoiding foods that trigger IBS symptoms. Including probiotic and low fat high fiber food in your diet helps to ease the symptom.

5) Constipation

Constipation is a sign that your body is having trouble getting rid of waste. Feeling bloated, having abdominal pain, having painful and infrequent stools are the signs of you are suffering from constipation.

If you are suffering from this, you are in urgent need to change your lifestyle and eating habits. Along with this you will also need to go through medication process after consulting to doctor. You need to Increase in dietary fiber and water intake in your daily food habits. whole grains, vegetables, and fruits with high fiber content should be included in your diet.

6) Weight Fluctuations and skin conditions

Weight loss and Weight gain, both are symptoms of digestive issue. If you struggle with acne, eczema, psoriasis or rosacea, you may be surprised to know but these conditions often caused by digestion problems.

To get rid of digestion problem permanently you need to make following general changes in lifestyle and food habits.

1) Probiotic is easiest and the best for your life.

Probiotics are beneficial bacteria that may improve digestive health when taken as supplements. These healthy bacteria assist in digestion by breaking down indigestible fibers that can otherwise cause gas and bloating, pain in people with IBS. It may also improve symptoms of constipation and diarrhea. These bacteria are microorganisms called “probiotics” which means ‘for life’. Yogurts that have live and active cultures is easy to make probiotic food. Probiotics are also available in capsule form. A good general probiotic supplement will contain a mix of strains including Lactobacillus and Bifidobacterium.

2) Eat unprocessed, high fiber food.

Diets high in processed foods have been linked to a higher risk of digestive disorders. Eating a diet low in food additives, trans fats and artificial sweeteners may improve your digestion and protect against digestive diseases.

Fiber is good for digestion. Soluble fiber is found in oat bran, legumes, nuts and seeds helps to absorb water and add bulk to your stool. While vegetables, whole grains and wheat bran are good sources of insoluble fiber that helps your digestive keep everything moving. Probiotics are another type of fiber that feed your healthy gut bacteria. Fibre also reduces the risk of inflammatory bowel conditions.

3) Add healthy fats to your diet.

For good digestion it is necessary to eat enough fat. Fat helps you feel full and satisfied after a meal. But this fat must be healthy fat. Foods having MUFA (Mono Unsaturated Fatty Acid) and omega-3 fatty acids include flaxseeds, chia seeds, nuts (especially walnuts) are good source of healthy fats. Saturated fat must be taken at minimum.

4) Stay Hydrated.

Insufficient fluid intake is a common cause of constipation. Increase your water intake. Reducing drinking non-caffeinated beverages helps increasing water intake. Eating fruits and vegetables that have a high-water content also helps in staying hydrated.

5) Manage stress and get moving.

Exercise may improve your digestion and reduce symptoms of constipation. It can also help reduce inflammation, which may be beneficial in preventing inflammatory bowel conditions. Stress negatively impacts your digestion process and is one of the cause to IBS, ulcers, constipation and diarrhea. Reducing stress can improve digestive symptoms. Check my upcoming post on managing stress through various means.

6) Eat mindfully.

It's easy to eat too much too quickly if you're not paying attention. This can lead to bloating, gas and indigestion. Eating late at night and then lying down to sleep can lead to heartburn and indigestion. Certain nutrients are necessary for a healthy digestive tract. Ensuring that your body gets enough probiotics, glutamine and zinc may improve your digestion. So, eat mindfully which includes all nutrients on daily basis.

If you are experiencing occasional or chronic digestive symptoms, then simple change in eating habits may bring big change in your life.