



Eliminate Gas, Constipation & Congestion!

Gas is a natural part of the human digestion cycle. However, it can bother some people with discomfort and pain. A lot of people also have symptoms of constipation and congestion. This means that their digestive system is not functioning properly and that their body is experiencing challenges with the foods being consumed.

There are several medical treatments to help cure gas, constipation, and congestion. If you're experiencing acute symptoms and the condition is bothering you more than what you can handle, here are some dietary and other lifestyle measures that can help relieve the symptoms and associated discomfort. By adding a few fruits and vegetables in your daily diet, you can see significant changes.

What Foods to Eat

While certain foods are responsible for creating gas, others help to reduce it:

- Drink beverages at room temperature
- Eat low-sugar fruits like blackberries, cranberries, peaches, watermelons, strawberries, blueberries, apricots, and grapefruits
- Choose low-carbohydrate vegetables like bok choy, tomatoes, green beans, carrots, and okra
- Eat more quantities of rice as compared to wheat and potatoes - rice doesn't produce as much gas
- Swap carbonated beverages with still water - this helps with better hydration and digestion instead of constipation and gas
- Add a few drops of lemon or lime to water and cut down on beverages with artificial sweeteners or fruit juice
- Drink tea with fennel, turmeric, peppermint, or chamomile since they help reduce gas and promote digestion

What Foods to Avoid

Several health institutes and organizations recommend dietary changes to reduce gas. Certain food groups that generate gas in the body include:

a) Sugars

If the body does not have the necessary enzymes to break down sugars, it can result in gas and bloating.

Some of the dietary sugars include:

- Lactose, found in milk and dairy products
- Sorbitol, an artificial sweetener present in sugar-free foods
- Raffinose, present in beans and green vegetables
- Fructose, found in artichokes, wheat, and onions

b) Starches

Potatoes, wheat, corn, and other starchy foods lead to gas.

c) Fiber

Fiber promotes digestion as long as the body is used to it. If its consumption is suddenly increased, it can lead to bloating and gas.

Peas, fruits, and oat bran consist of soluble fiber. This generates large amounts of gas.

If you want to increase the amount of fiber you consume, they try adding just one serving per day. You also need to increase the amount of water you drink to help dissolve the fiber in a better manner.

You shouldn't have to eliminate all of these foods from your diet to reduce gas but you'll need to monitor what suits you and what doesn't. Keep a food diary to record meals in a week and the accompanying symptoms to know about specific trigger foods.

Another strategy is to avoid eating one type of food that can cause gas for a few days, notice any changes in symptoms and then proceed to eliminate the next food group. Continue to eliminate foods, one after the other, until you have significantly observed changes in your digestion cycle.