

Each of us from time to time faces bloating, gases, discomfort in the stomach. This is what can help get rid of it.

Eat fiber. The use of this substance improves digestion and regulates the intestines. A healthy adult needs to receive about 25-30 g of fiber per day. It is contained in large numbers in vegetables, fruits, whole grains, nuts, seeds.

Drink a lot of water. It softens the chair and increases its volume, prevents constipation.

Practice conscious nutrition. This includes thorough and active chewing food, as well as slow nutrition.

Learn to manage stress. This will help improve digestion. Methods of combating stress may include meditation, deep breathing exercises, yoga, time in nature.

Walk after ed. Regular physical activity also promotes healthy digestion.



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Reduce the consumption of certain products. Problems with digestion can cause artificial sweeteners, spicy foods, dairy products, gluten, caffeine.

Try probiotics and prebiotics. Probiotics contains yogurt, kefir, sauerkraut, kimchi, pace, Miso. The prebiotics naturally are in garlic, onions, onions, asparagus, bananas, oats, apples.

Drink alcohol less and smoke. Smoking can change the intestinal microbia, slow down digestion, increase the likelihood of developing gastrointestinal diseases. Alcohol is also associated with a higher risk of gastrointestinal diseases, including crown peptic ulcer and disease.

Drink herbal teas. Ginger tea, tea with peppermint, and chamomile tea can relieve discomfort in the stomach.

Domest. Studies show that there is a close relationship between sleep disorders and gastrointestinal diseases.

News -in -law materials cannot be equated to the doctor's prescription. Before making a decision, consult a specialist.