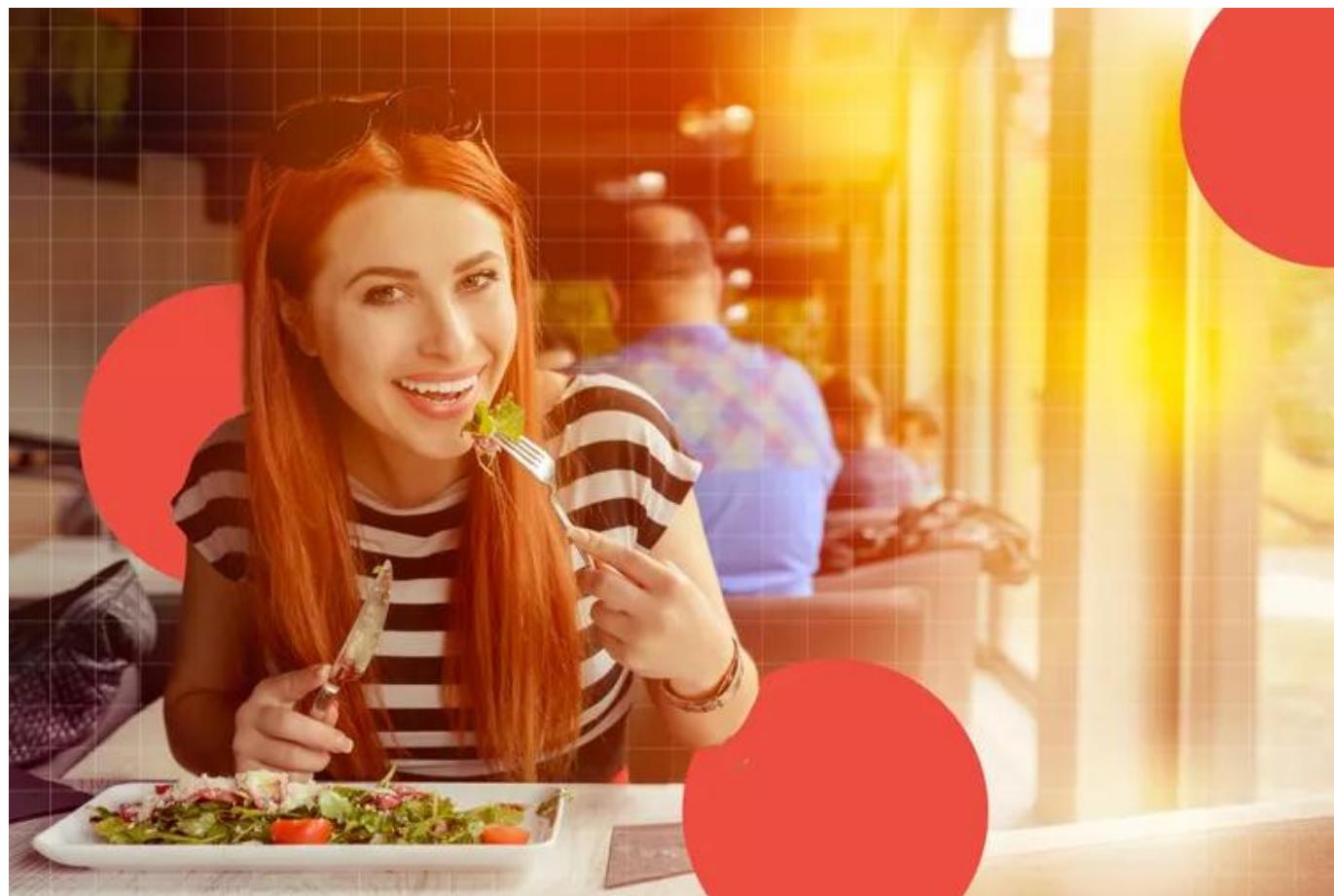


The diagnosis of “irritated intestine” syndrome can make you completely reconsider your diet. However, according to the experts, the way you eat, in this case is as important as what you eat.

Here's how slower food consumption will improve your condition with irritated intestines.

Improving the connection between the intestines and the brain. When you eat haste and stress, digestion can seriously suffer. With stress, the brain directs energy and blood flow to vital organs, which distracts them from digestion of food. As a result, digestion may be violated or slow down.

Caption of body signals. When eating food in a hurry, the body is in the “Beat or Run” mode. This suppresses the production of gastric juice, enzymes, intestinal motility. As a result, you will intensify the bloating, cramps, heartburn, stool can become unpredictable. If you eat more slowly, this will help you better capture all these body signals.



Getty images. Evewell Design

Nutritionists recommended that the irritated bowel syndrome is
slower

Improving digestion. The restriction of distracting factors, thorough chewing of food, several deep breaths before meals help the body go into a recreation and digestion mode. If you are allocated for meals for 20-30 minutes, you will feel better after eating.

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