

MEDICAL CARE OF INTESTINAL GAS

Excessive gastrointestinal gas is a common problem that may result in belching, bloating, abdominal discomfort and frequent passage of gas. These unpleasant and often embarrassing symptoms can be prevented if you follow the regimen below:

1. Establish a daily routine of living with adequate exercise and rest.
2. Correct faulty habits:
 - a. Chew food thoroughly.
 - b. Eat slowly and leisurely in a quiet atmosphere.
 - c. Avoid washing solids down with a beverage.
 - d. Avoid gulping and sipping solids.
 - e. Avoid drinking from a straw and small-mouthed bottles.
 - f. Avoid drinking from water fountains.
 - g. Avoid carbonated beverages ... beer included.
 - h. Avoid excessively hot and cold beverages.
 - i. Eliminate pipe, cigar, and cigarette smoking.
 - j. Avoid gum chewing and sucking on hard candy.
 - k. Check dentures for a proper fit.
 - l. Attempt to be aware of and avoid deep sighing.
3. Do not attempt to induce belching.
4. Do not overload the stomach at any one meal ... divide daily food intake into equal amounts for each meal.
5. Avoid gaseous vegetables ... navy beans, cabbage, brussels sprouts, cauliflower, broccoli, turnips, onions, melons and excesses of raw fruits and vegetables.
6. Avoid foods with air whipped into them ... souffles, shakes, sponge cakes.
7. Avoid tight fitting garments, girdles, and belts.
8. Avoid long-term or frequent intermittent use of medications intended for the relief of cold symptoms.
9. Do not lie down or sit in a slumped position after eating.
10. Take a leisurely stroll after meals.
11. Take Gas-X (simethicone) following meals.