

How to Get Rid of a Bloating Stomach

Do you feel uncomfortable and tight in the abdomen throughout the day? If yes, you could be dealing with the issue of bloating. Besides these, another very common symptom of a puffed up stomach is a continuous feeling of fullness. One does not feel starving even 8 hours after the last meal due to this condition. You can not force yourself to eat if you are facing this problem as you currently feel very full. As a result of this, one is deprived of the day-to-day consumption of nutrients. So, a bloated stomach not just makes you feel uneasy, it also avoids you from taking in the needed everyday nutrients. Prior to relocating to the treatments, let us see the possible reasons for bloating, as lot of times the prevention of the cause itself works as an efficient treatment.



- The treatment of IBS can vary from someone to another, as each person can have a various set of triggers that can intensify the symptoms.
- This gastrointestinal disorder has no cure.
- However it is possible to handle IBS, and reduce the intensity of its signs.
- In general, dietary and way of life modifications can assist prevent IBS and relieve its signs.
- The following are the most essential treatment options for managing IBS.
- When gurgling intestinal tracts and diarrhea happen together, it is a sign of digestive problem, for which medical help should be looked for.
- There is a direct connection between intestinal gurgling and gas motions through the digestion system.

Treatment: Endometriosis treatment methods include usage of medication to reduce discomfort and other symptoms, with using hormonal medication to reduce the growth of the endometrium. In serious cases, a surgery or perhaps hysterectomy may be needed.

Treatment: Individuals suffering from hiatus hernia experience chest discomfort and other heartburn symptoms. Way of life modifications such as having frequent small meals, retiring to bed 3 hours after meals and preventing foods that aggravate heartburn might assist to handle hiatus hernia successfully. If nothing works, surgical intervention might be had to relocate the stomach back to its initial position.

Interaction With Drugs

Aloe vera juice can have adverse interactions with prescription or over the counter medications. For instance, diuretic drugs or water tablets decrease the potassium levels in the body, which is exactly what the laxative in the aloe vera juice does also. This can result in a sharp drop in potassium levels. Furthermore, the laxative effect in aloe vera juice can decrease the rate of absorption of medicines in the body. Here are a list of some medications, that can have a negative reaction or cause side effects, when taken in conjunction with aloe vera juice.



Constipation

Addition to this, aloe vera can likewise have interactions with other herbs and dietary supplements. Consumption of stimulant laxative herbs, such as jalap root, bark root, castor oil and rhubarb root in addition to aloe vera juice, can cause diarrhea and dehydration. Interactions with supplements like fenugreek, garlic and psyllium which lower the blood glucose levels, can have an unfavorable impact on the body. Consumption of aloe vera juice, in addition to licorice or horsetail should be limited, as these herbs can lower the potassium levels significantly.

Aerated Drinks

Consuming a great deal of fizzy drinks is not an excellent practice. The gas in these beverages, really fills up in the stomach causing distention. Besides, you might enjoy oxygenated water, however understand that it is among the significant offenders when it comes to a swollen stomach, as a result contributing to weight gain.

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