



Improve your digestive health Reduce bloating and have more energy

By Dr Peter Holsman

One of the secrets to getting your digestive system on track is to keep a diet and symptom diary . This is a powerful tool to bring patterns and habits to conscious awareness.

Consider the **food diary** of a young lady who was tired and bloated.

- Breakfast one day consisted of an apple and a cup of coffee
- She skipped morning tea as she had no time.
- For lunch , she grabbed a chicken and salad roll and had an extra coffee to boost energy.
- There was no time for afternoon tea.
- Dinner started reasonably with a bowl of pasta. But then she had a diet Coke –her third caffeinated drink for the day -and 4 glasses of wine.

Does this sound familiar?

What causes bloating ? :

Gas from fermentation results in a sensation of bloating. This may be due to a lack of stomach acid production or the liver or pancreas being unable to make enough digestive enzymes or bile acids. Eating excessively or too many combinations of foods may overload your body's ability to digest foods. Some people find that mixing starchy foods such as bread, rice, potato, pasta with animal protein adds to bloating and are better off having either starches or protein at a meal. Fermentation is also increased where there is a build up of yeast, such as candida in the bowel. Bread rises because yeast and sugar creates gas!

How to eat to reduce bloating and have more energy:

Relax , slow down and chew your food well.

Be aware of hunger versus non hunger eating and the influence of emotions. (A food and symptom diary is a great help)

Encourage chewing by having most fluids away from eating. Cold drinks shut down the circulation to the stomach so fluids should ideally be at room temperature or warm.

Have most of your starches , such as bread , rice , potato , pasta and sweet corn before 3 pm when you are wide awake and can used the energy best. Starches late at night are much harder for your body to digest and may drain your the energy.

Initially, all vegetables should be steamed, stir-fried or baked so that the fibre is softer and they are more readily digested. Eating raw vegetables and salads should be delayed until your digestive system is working well.

Dr Peter Holsman is an accomplished medical practitioner and enthralling public speaker who enjoys helping people stay young and energetic. His entertaining and actionpacked presentations are for every one who wants to get the most out of life and for organisations that want to put life back into their people. For more information visit www.liveto100.com.au or phone Your Health Camberwell on 03 9882 5151.