

Wind is a build up of excessive gas in the stomach or intestines which can cause cramps and discomfort.

What to look for

- abdominal bloating and pain.
- belching.
- flatulence

Gas is a normal part of your digestive process, however it can still be painful and embarrassing. You can usually prevent and treat gas and gas pains without professional care, but if you have other symptoms, you should consult with a doctor to find out if you have a more serious health problem.

Causes

Usually when we eat too fast or eat foods that are raw (such as vegetables, fruits etc) or if we eat under stress, or eat too quickly we may become flatulent. As well as this, eating too much fats can cause this problem.

If you eat high-fibre foods, the partially digested parts of these foods will pass into your intestines, where bacteria begin a fermentation process that produces gas. A gastrointestinal infection may also produce intestinal gas.

Treatment

You can usually treat gas and gas pains without the active involvement of a doctor. Usually changes in what you eat will be of great benefit to you. If that does not help, there are over-the-counter preparations which may provide relief. Alternative medicines offer a wide variety of treatments.

Moderate exercise after meals can help move gas through your system more quickly.

If you are lactose intolerant, lactase supplements can help you digest milk products more effectively.

Lifestyle

Regular exercise stimulates digestion and promotes the re-absorption and expulsion of gas.

Dietary Considerations

- Increase your fibre intake and try avoiding beans, peas, and fermented foods such as cheese, soy sauce, and alcohol.
- Drink fewer carbonated drinks.
- Avoid mixing proteins and carbohydrates at the same meal.
- Do not overeat,
- eat fewer different food items at one sitting.
- For people who are lactose intolerant, replacing cow's milk with soy milk may help.
- Supplements of charcoal, ginger as well as peppermint tea help

PREVENTION

One of the main methods of preventing gas and gas pains is also the primary treatment: Avoid foods that generate gas in your system.

When to seek further professional advice

- you have persistent, unexplained bloating for more than three days
- you have severe abdominal pain
- you are flatulent, are losing weight