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## Food good for stomach

Foods good for stomach cancer. Foods good for stomach lining. Foods good for stomach acid. Foods good for stomach ulcers. Foods good for stomach. Foods good for stomach ache. Foods good for stomach flu. Foods good for stomach digestion.

Written by Erica Julson, MS, RDN, CLT on May 16, 2018We include products we think will be useful to our readers. If you purchase through links on this page, we can earn a small commission. That's our trial. Almost everyone has a upset stomach from time to time. Common symptoms include nausea, indigestion, vomiting, swelling, diarrhea or constipation. There are many potential reasons for upset stomach and treatments vary depending on the underlying cause. Fortunately, a variety of foods can fix a upset stomach and help you feel better, faster. Here are the 12 best foods for a upset stomach. Nausea and vomiting are common symptoms of upset stomach. Ginger, an edible root fragrant with bright yellow flesh, is often used as a natural remedy for both of these symptoms (1). Ginger can be enjoyed raw, cooked, dipped in hot water or as a supplement, and is effective in all forms (2). It is often taken by women who suffer from morning sickness, a type of nausea and vomiting that can occur during pregnancy. A review of 6 studies, including over 500 pregnant women, found that taking 1 gram of ginger a day was associated with 5 times less nausea and vomiting during pregnancy (3). Ginger is also useful for people undergoing chemotherapy or major surgery, as these treatments can cause severe nausea and vomiting. Taking 1 gram of ginger every day, before undergoing chemo or surgery, can significantly reduce the severity of these symptoms (4, 5, 6). Ginger can also be used as a natural remedy for motion sickness. When taken early, it can help reduce the intensity of nausea symptoms and the speed of recovery time (7). How this works is not fully understood, but it is hypothesized that ginger regulates the signaling nervous system in the stomach and accelerates the rate at which the stomach empties, thus reducing nausea and vomiting (7, 8). Ginger is generally considered safe, but heartburn, stomach pain and diarrhea may occur at doses above 5 grams per day (9). Summary Ginger can help reduce nausea and vomiting, especially when associated with pregnancy, surgery, chemotherapy or motion sickness. Chamomile, a herbal plant with small white flowers, is a traditional remedy for upset stomach. Chamomile can be dried and produced in a tea or mouthpiece as a supplement. Historically, chamomile has been used for a variety of intestinal problems, including gas, indigestion, diarrhea, nausea and vomiting (10). However, despite its widespread use, only a limited number of studies support its efficacy for digestive complaints. A small study found that chamomile supplements reduced the severity of vomiting after treatment with chamomile. But it is not clear whether it would have the same effects on other types of vomiting (10). A study of animals found that chamomile extracts have relieved diarrhea in mice by reducing intestinal spasms and decreasing the amount of water secreted in the stool, but more research is needed to see if this applies to humans (11). Chamomile is also used in herbal supplements that relieve indigestion, gas, swelling and diarrhea, as well as colic in children (12, 13, 14, 15). However, since chamomile is combined with many other herbs in these formulas, it is hard to know if the beneficial effects are from chamomile or from a combination of the other herbs. Although the relaxing effects of chamomile are widely recognized, research has not yet shown how it helps relieve stomach ache. Summary Chamomile is a commonly used remedy for stomach and intestinal discomfort, but more research is needed to understand how it works. For some people, upset stomach is caused by irritable bowel syndrome, or IBS. IBS is a chronic bowel disorder that can cause stomach pain, swelling, constipation and diarrhea. While IBS can be difficult to manage, studies show that peppermint can help reduce these uncomfortable symptoms. Taking peppermint oil capsules daily for at least two weeks can significantly reduce stomach pain, gas, and diarrhea in adults with IBS (16, 17). Researchers believe that peppermint oil works by relaxing muscles in the digestive tract, reducing the severity of intestinal spasms that can cause pain and diarrhea (18, 19). While the research is promising, additional studies need to determine whether peppermint leaf or peppermint tea have the same therapeutic effects (18). Peppermint is safe for most people, but caution should be exercised for those with severe reflux, hiatal hernia, kidney stones, or liver and gallbladder disorders, as it can worsen these conditions (18). Peppermint, especially when consumed as peppermint oil, can help reduce stomach pain, swelling, gas and diarrhea for those with irritable bowel syndrome. Licorice is a popular remedy for indigestion and can also prevent painful stomach ulcers. Traditionally, the licorice root has been consumed whole. Today, it is most commonly taken as a supplement called licorice deglicirrhizinata (DGL). DGL is preferable over regular licorice root because it no longer contains glycyrrhizin, a natural chemical in licorice that can cause fluid imbalances, high blood pressure and low potassium levels when consumed in large quantities (20, 21). Animal studies and test tubes show that DGL calms stomach pain and discomfort by decreasing inflammation of the stomach lining and increasing mucus production to protect tissues from stomach acid (22, 23). This can be especially helpful for people who suffer from a upset stomach caused by an excess of stomach acid or acid reflux. DGL supplements can also help relieve stomach pain Indigestion from stomach ulcers caused by an overgrowth of bacteria known as H. Pylori. Several studies have shown that DGL supplements can eliminate the overgrowth of H. Pylori, reduce symptoms and also promote the healing of stomach ulcers (24, 25). Overall, licorice is a soothing grass for the intestinal tract, and can help reduce inflammation and infections that can contribute to a upset stomach. Summary of deglicirrhizinated deglicirrhizinated The flax seed, also known as a flax seed, is a small fibrous seed that can help regulate intestinal movements and alleviate constipation and abdominal pain. Chronic constipation is defined as less than three intestinal movements per week and Å It is often associated with abdominal pain and discomfort (26, 27). The flax seeds, consumed both as ground flour of flax seeds or flaxseed oil, have shown to alleviate the annoying symptoms of constipation (28, 29). Adults constipated that have taken about a ounce (4 ml) of flax oil per day for two weeks had more intestinal movements and a greater consistency of the faeces another study found that those who ate linen muffins every day had the 30% of intestinal movements more per week than those who did not consume linen muffins (31). SUMMARY The ground flour of flaxseed and inseed oil can help regulate intestinal movements and alleviate constipation in man. Animal studies suggest that they can also prevent gastric ulcers and intestinal spasms, but further research is needed. Papaya, also known as Pawpaw, is a sweet tropical orange pulp fruit, sometimes used as a natural remedy against indigestion.The papaya contains papain, a powerful enzyme that breaks out proteins present in food, making them more easily digestible. Some people do not produce enough natural enzymes to completely digest their food, then taking other enzymes, like Papain, can help alleviate the symptoms of indigestion.Non many studies have been conducted on papain benefits, but At least one study has shown that the regular intake of papaya concentrates reduces constipation and swelling in adults (36). As a traditional remedy for gastric ulcers. A limited number of animal studies support these statements, but further research is needed on the man (37, 38, 39). Infine, papaya seeds were also taken orally to eliminate intestinal parasites, which can live In the intestines and cause serious abdominal and malnutrition inconvenience (40, 41). Studies have shown that seeds have antiparasurance properties and can increase the number of parasites in children's faeces (42, 43, 44). The concentrate of Papaya can help relieve gastric stipulation, swelling and ulcers, while seeds can help eliminate intestinal parasites. A stomach pain caused by an infection or food poisoning is often accompanied by diarrhea. It can help reduce quantity, gravity and duration of episodes (45, 46). In fact, a study found that the addition of cooked green bananas was almost four times more effective in the elimination of diarrhea compared to a The powerful anti-diarrhetic effects of green bananas are due to a particular type of fiber they contain, known as a resistant starch. Resistant starch cannot be digested by man, so it continues through the digestive system up to the colon, the final part of the intestine. Once in the colon, it is slowly fermented by intestinal bacteria to produce a short chain fatty acids, which stimulate the intestine to absorb more water and firm the feces (48, 49). Although these results are impressive, further studies are needed to check whether green bananas have the same anti-diarrhetic effects in adults. Moreover, since resistant starches are converted into sugars when a ripe banana is not known if ripe bananas contain enough resistant starch to have the same effects (50). Summary A stomachache may sometimes be accompanied by diarrhea. Green bananas contain a type of fiber called strong starch, which is very effective in alleviating this type of diarrhea in children. When a gastric disorder or a disease of food origin causes diarrhea, pectin supplements can help accelerate recovery. Pectin is a type of vegetable fiber present in large quantities in apples and citrus fruits. It is often isolated from these fruits and sold as a food product or supplement (51). Pectin is not digested by man, so it remains within the intestinal tract, where it is very effective in shaving feces and preventing diarrhea (12). Å days, compared to 23% of children who do not take pectin supplements (47). Pectin also relieves stomach disorders by promoting the growth of good bacteria in the digestive tract. Sometimes, people develop annoying symptoms of gas, swelling or abdominal pain due to a bacterial imbalance in the intestine. Pectin supplements can help balance the intestine and reduce these symptoms by increasing the growth of good bacteria and reducing the growth of harmful ones (54, 55, 49). While pectin supplements are effective in alleviating diarrhea and promoting a healthy balance of intestinal bacteria, it is not known whether natural foods rich in pectin would have the same benefits. Summary The pectin, a type of vegetable fiber present in apples and citrus fruits, can help to shorten the duration of diarrhea and promote the health of intestinal bacteria if assumed as a supplement. Some people have difficulty digesting carbohydrates known as FODMAPs: fermentable oligosaccharides, disaccharides, monosaccharides and polyols When undigested FODMAPs enter the colon, they are quickly fermented by intestinal bacteria, which create excessive gases and swelling. They also attract water, which triggers diarrhea (56). Many people with digestive problems, especially those with IBS, find thatfoods with high levels of FODMAP can help relieve their gas, swelling and diarrhea. A review of 10 randomized controlled studies found that low FODMAP diets raised these symptoms in 50-80% of people with IBS (57). Although not all people with digestive problems have difficulty digesting FODMAP, working with a nutritionist can help determine if one of them is causing problems for you. Some people have difficulty in digesting fermentable carbohydrates known as FODMAPs, and they feel better when consuming a low FODMAP diet. Sometimes a upset stomach can be caused by dysbiosis, an imbalance in the type or number of bacteria in your intestine. Eating foods rich in probiotics, bacteria that are good for your intestines, can help correct this imbalance and reduce the symptoms of gas, swelling or irregular bowel movements (58). Foods containing probiotics that benefit from intestinal health include: Several studies have shown that eating yogurt containing live and active bacterial cultures can alleviate both constipation and diarrhea (59, 60, 61). Buttermilk: Buttermilk can help alleviate diarrhea associated with antibiotics, and can also help relieve constipation (62, 63, 64, 65). Kefir: Drinking 2 cups (500 ml) of kefir per day for a month can help people with experience of chronic constipation more regular bowel movements (66). Other foods containing probiotics include miso, natto, tempeh, sauerkraut, kimchi and kombucha, but more research is needed to determine how they affect intestinal health. Summary Probiotic-rich foods, especially fermented dairy products, can help regulate bowel movements and provide relief from constipation and diarrhea. Ground carbohydrates such as rice, oatmeal, crackers and toast are often recommended for people suffering from upset stomach. While this recommendation is common, there is few evidence to show that it actually helps relieve symptoms. However, many people report that these foods are easier to keep down when you are not feeling well (67, 68). While bland carbohydrates can be paler during a disease, it is important to expand your diet as soon as possible. Restoring your diet too can prevent you from getting enough of the vitamins and minerals your body needs to heal (69). Many people with a upset stomach find carbs bland easier to tolerate than other foods, but there is little evidence to prove that it actually alleviates symptoms. When a upset stomach is accompanied by vomiting or diarrhea, it is easy to become dehydrated. Vomito and diarrhea make your body lose electrolytes, minerals thatthe fluid balance of your body and keep your nervous system functioning properly. Losses of dehydration and lethal electrolytes can be restored by consuming clear liquids and foods that naturally contain electrolytes, such as sodium and potassium. Water, juice, coconut water, sports drinks, broths and salt cracker are great ways to restore fluid loss and electrolyte imbalances with mild dehydration (70). If dehydration is severe, drink a rehydration solution containing an ideal ratio of water, sugar and electrolytes may be necessary (71). Summary Drinking enough fluid and replenishing lost electrolytes is important to anyone suffering from vomiting or diarrhea. There are many foods that can help relieve a upset stomach. Herbs and spices such as ginger, chamomile, mint and licorice have natural properties of stomach-soothing, while fruits such as papaya and green bananas can improve digestion. Avoiding high FODMAP foods helps some people eliminate gas, swelling and diarrhea, while probiotic foods such as yogurt and kefir can help regulate bowel movements. When a upset stomach is accompanied by vomiting or diarrhea, make sure to hydrate and replenish electrolytes. You can also find bland carbohydrates easier to keep down. While it is very common to experience a upset stomach from time to time, eating these foods can help you feel better and get on the way to recovery. Restoration.

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