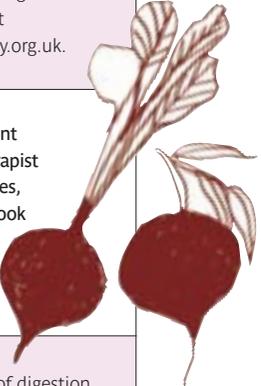
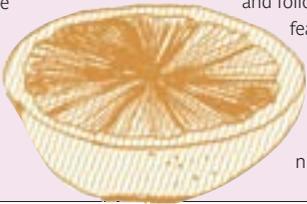
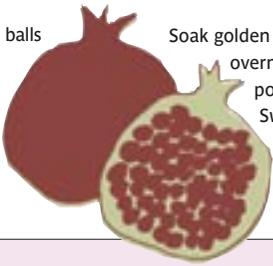


Gut reaction

Keep your tummy troubles at bay with these preventative medicines and health tips

Words Charlotte Watts **Illustrations** Karin Akesson

| SYMPTOMS | FAST RELIEF | PREVENTATIVE MEDICINE | EXTRA HELP |
|---|--|---|---|
| TRAPPED WIND, BLOATING | <p>Try this wind-relieving yoga pose: lie on your back with your knees apart and pulled in to your chest. Breathe through your nose for several minutes.</p>  | <p>Fruit should be eaten separately from protein to avoid fermentation and gas. Avoid sweeter fruits such as dried fruits, bananas, grapes and their juices. Instead, go for dark fruits such as plums, cherries and berries with healing bioflavonoids.</p> | <p>Try removing the most common culprits of food intolerance – wheat, dairy and yeast. As self-diagnosis can sometimes be difficult, you may want to do an easy test at home for IgG antibodies to commonly eaten foods. Visit cambridge-nutritional.com.</p> |
| DULL ABDOMINAL PAIN AND PRESSURE | <p>Locate your ileo-caecal valve, about 5cm to the left of your right hipbone. Then gently 'throb' this area with two fingers to help regulate the valve. Breathe into this area as you do so.</p> | <p>Taking digestive enzymes with meals can help break down food and prevent toxic build-up in the gut. Viridian High Potency Digestive Aid, £5.85 for 30 capsules (available at nutriglow.com), contains ginger and peppermint to reduce gas.</p>  | <p>Check any postural problems that may be contributing to abdominal pain. Hold yourself up well from the abdomen while sitting and breathe right down into your belly. Look for a registered osteopath at osteopathy.org.uk.</p> |
| DIARRHOEA | <p>Eat pomegranate seeds or grate apple, let it go brown and then eat. Beetroot reduces diarrhoea parasites and calms the bowel. Live natural yoghurt provides bacteria to help stop attacks.</p> | <p>Include coriander, fenugreek, caraway, cinnamon and ginger in your cooking, to calm the bowel. Eat a pectin-containing food daily, like apples, carrots or berries. Take a probiotic supplement daily such as Solgar Advanced Acidophilus Plus, £8.35 for 60 capsules (from yourhealthfoodstore.co.uk) for the beneficial bacteria.</p> | <p>Investigate the causes of recurrent diarrhoea with a nutritional therapist who can recommend diet changes, supplements and stool tests to look at any digestive problem. Find someone in your area on bant.org or ion.ac.uk.</p>  |
| PROBLEMS DIGESTING FOOD, BELCHING AND TUMMY GRUMBLES | <p>When you eat, sit calmly and do nothing else but chew slowly, enjoy your food and actually taste it! It really is that simple – doing anything – even reading – can take energy and nutrients away from the digestive system while it's trying to work.</p> | <p>Eat grapefruit before large meals. The bitter taste gets your digestive juices flowing. Other bitter foods are chicory, radicchio, spinach, Brussels sprouts, cabbage, kale, and mustard greens. They can help at any point in a meal.</p>  | <p>As well as looking at all aspects of digestion and following the advice given in this feature, a medical herbalist can offer remedies to support digestion in many different ways. To find a practitioner in your local area, log on to nimh.org.uk.</p> |
| CONSTIPATION | <p>Crouch down on the balls of your feet and bounce. Pull in your tail bone. Engage your lower abs to massage and activate your colon.</p>  | <p>Soak golden linseeds in a little water overnight and add to cereal, porridge or yoghurt for breakfast. Sweeten with prune or apricot purée blended with water. Drink plenty of non-caffeinated fluids.</p> | <p>Address issues of posture that can make the bowel sluggish with a regular yoga or Pilates class. Walk regularly to keep circulation moving around the liver and bowel. Also consider Colonic Hydrotherapy for really persistent problems. Visit colonic-association.org for information.</p> |
| SHARP, SUDDEN CRAMPS | <p>Lie on your back with your knees up and head supported, then breathe fully and slowly through your nose, concentrating on a full and complete out breath until your bowel feels fully relaxed.</p> | <p>Reduce sugar, caffeine and stress in your life to calm your whole nervous system and therefore your digestive tract. Drink camomile, peppermint, valerian or lemon balm tea to help prevent spasms.</p>  | <p>Hypnotherapy can unravel the conditioning that our minds and bodies hold onto and often come out as stress in the bowel. Find help with a therapist at bsch.org.uk.</p>  |