

Excessive Gas, Flatulence & Belching

May cause:

Dentures, Irritable bowel syndrome (IBS), Colon cancer, Lactose intolerance, Upper gastro-intestinal disorders.

Food to Avoid:

- Bananas
- Apricots
- Prune juice
- Food rich in starch
- Asparagus
- Cruciferous vegetables
- Salt
- Apples
- Pears
- Dairy products
- Onions
- Grains
- Sugar
- Carbonated drinks / beer
- Beans
- Artificial sweeteners
- Processed food, eg. Can food

Food to consume more:

- Pancreatin
- Catnip tea
- Charcoal
- Ginger
- Megazyme forte
- Peppermint tea
- Raw honey
- Pineapple
- Green juices
- Flaxseeds
- Drink & eat slowly
- Cooking food can digest better