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ABSTRACT

While occasional indigestion is quite normal, some people suffer from the negative consequences of mimicking unpleasantness, ballooning and basically every time they eat, they burp. Twenty percent of the population suffers from gastroesophageal reflux disease, a chronic dyspepsia that is evaluated by a physician. The esophageal sphincter, a solid cylinder that lets food enter the stomach and then closes to prevent it from coming back, protects the neck from stomach acid on a regular basis.

However, food can push up through the slackened aperture and produce heartburn if the sphincter unwinds.

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INTRODUCTION

The corrosive stomach acid that comes into contact with the throat and causes discomfort could be the cause of reflux symptoms. If your corrosive is too strong, you can incorporate these specific foods.

sources into your diet to manage heartburn's side effects. These food sources won't usually make your condition better, so your decision to try them specifically to lessen your negative effects should be based on your own experiences with them. Vegetables often have low fat and sugar content. Cucumbers, potatoes, mixed greens, asparagus, broccoli, and green beans are all excellent options.

Due to its regular relaxing qualities, ginger is a popular remedy for indigestion and other gastrointestinal problems. Ginger root can be consumed raw or chopped, or it can be included to smoothies and recipes.

An empty stomach increases the likelihood of indigestion. Try

using smaller plates to see if it helps you control your portion sizes. Putting food in your face is also not recommended. The three Gs arrive, ingest, and go.

don't promote optimal processing and may increase the likelihood of gastrointestinal side effects, according to Leslie Bonci, a registered dietitian and the College of Pittsburgh Clinical Center's head of sports nutrition. Enjoy your feasts and take as much time as you need.