

WEIGHING IN

BY TASTE FOR LIFE STAFF

BLOAT BUSTERS

SUPPLEMENTS THAT SUPPORT DIGESTION

DO YOU LOOK FORWARD TO THAT MOMENT AFTER WORK WHEN YOU CAN PUT ON YOUR COMFY PANTS? DO YOU WISH YOU COULD WEAR YOGA PANTS TO WORK EVERY DAY?

You're not alone. Bloating is a common symptom of food intolerances—which affect at least 45 percent of the American population. Other common symptoms include gas cramps, heartburn, headaches, irritability, and nervousness.

Antony J. Haynes and Antoinette Savill, authors of *The Food Intolerance Bible*, also blame poor digestion on low intestinal immunity, leaky gut, stress, “bad” bacteria, food additives, preservatives, and antibiotics.

While a food *allergy* is an immune response that occurs in reaction to certain foods (and can be life threatening), an *intolerance* refers to our inability to digest a certain food (such as milk) due in part to digestive enzymes. Enzymes are tiny proteins the body uses for many functions, including digestion. Unfortunately, after age 40, our natural production of them decreases by 20 to 30 percent. If you've noticed your bloating worsening as you age, that could be the issue. Fortunately, many supplements can help get your gut back on track.

Digestive Help

Fresh produce is a great source of enzymes, as are fermented and cultured foods. To

ensure an enzyme supplement meets your needs, look at the labels to see which enzymes are included. For help digesting proteins, consider bromelain (pineapple) or papain (green papaya). Cellulase digests fiber. Amylase and invertase are good for carbs (invertase is especially good for sugars such as sucrose). Lactase helps digest milk sugar, also known as lactose. Lipase digests fats.

Pre- & Probiotics

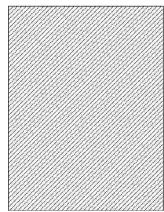
Probiotics promote the growth of beneficial bacteria in the digestive and intestinal tract. They also boost the absorption of nutrients. Look for probiotic supplements that contain *Lactobacillus acidophilus* and *Bifidobacteria* strains.

You might also consider prebiotics—carbohydrates that act as food for good bacteria. Prebiotics and probiotics can also be found in certain fermented foods, such as yogurts and kefir. ▶▶▶



Did you know?

Approximately 70 percent of adults cannot digest lactose.



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Fiber Up

Insufficient fiber consumption is another key cause of problematic digestive issues. Women under 50 need 25 grams per day; 21 grams if they're over 50. Men under age 50 need 38 grams, and 30 grams if older than 50.

If you're not getting enough fiber from your diet—and few of us are—consider supplementing with psyllium, chia, oat bran, sprouted seeds, or flax. Chia is a high-fiber, whole-grain food that contains up to 11 grams of fiber per ounce; psyllium husks offer 71 grams of soluble fiber per 100 grams of psyllium. Flaxseed is a great source of both soluble and insoluble fiber.

Sugar's Not Your Friend

"Too much sugar creates gut problems like bloating, indigestion and gas, as well as brain fog, depression, and fatigue," says Jacob Teitelbaum, MD, author of

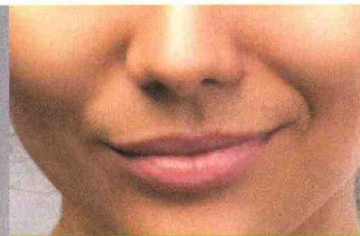


The Complete Guide to Beating Sugar Addiction.

Consuming too much sugar can encourage the growth of unfriendly bacteria in the digestive system. Limiting sugar consumption can improve overall gut health and help you to avoid not only gas and bloating, but also serious health challenges like obesity, Type 2 diabetes, heart disease, and stroke. 🍌🍌🍌



SELECTED SOURCES "The Benefits of Flaxseed" by Elaine Magee; "IBS Relief From Soluble Fiber" by Daniel J. DeNoon; "The Truth About Chia" by Kathleen M. Zelman, www.WebMD.com ■ "Chart of High-Fiber Foods"; "Dietary Fiber: Essential for a Healthy Diet" by Mayo Clinic staff, www.MayoClinic.com ■ "Digestive Enzymes: Help or Hype?" by Tamara Duker Freuman, US News & World Report, 4/23/13 ■ "Food Allergy Facts and Statistics for the US," Food Allergy Research & Education, www.FoodAllergy.org



Quick Tip

Digestion starts in the mouth, so take your time chewing. Your saliva secretes enzymes that help begin the digestive process.