

Bloating

Bloating can be uncomfortable and embarrassing. Your stomach can expand after eating certain foods or it can be there all the time.

There are many reasons for bloating, here are some of the most common ones we see in practice

Eating too quickly.

If we eat too quickly and do not chew the food properly then pieces of food can put stress on the digestive system, leading to bloating and inflammation.

SIBO.

Small intestinal bacterial overgrowth means more bacteria are consuming and fermenting the carbohydrates in our food. They release gas as a by-product.

Leaky gut.

Intestinal hyperpermeability or leaky gut can lead to maldigestion and inflammation, both of which contribute to bloating.

Chronic stress.

The stress hormone, cortisol, disturbs the digestive system and contributes to bloating.

Food sensitivities.

Bloating is frequently associated with sensitivities to a certain food or food group.

Low stomach acid.

Without enough stomach acid, food cannot be broken down properly. This can result in bloating and indigestion.