

## Dietary Suggestions

**Eating** - to help reduce wind and bloatedness first consider the way you eat. Remember to chew your food well, especially fibrous foods. Eat slowly, try not to gulp and swallow excess air. Refraining from chewing gum, smoking, or drinking with a straw can also help. Try not to talk when eating. Eat regularly and don't skip meals. Avoid fizzy drinks, or allow them to stand for 10 minutes before drinking. Get to know the foods that cause excess wind. Remedies including peppermint capsules and oil and other indigestion preparations can help. Fennel and mint tea can be useful in reducing wind and live yoghurt may also ease the problem, but needs to be taken in large quantities to be effective. Foods that cause wind are beans, beer, fizzy soft drinks, leafy green vegetables and onions.

**Fibre** - Adding some soluble fibre to your diet can help slow down transit times and thicken output. Psyllium husk comes in various forms and can be obtained from most good health foods stores.

**Dehydration** - watch your hydration levels, particularly in the hot summer. A dry mouth or a headache can often be an indicator you need liquid, and the colour of your urine is also a good indicator. If you become dehydrated, do NOT drink lots and lots of water, which could make the problem worse. There are various drinks you can make up to improve your hydration - see [here](#) for some examples.  
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