

## Travel suggestions for individuals suffering from IBS

**G**oing away on your holidays is normally challenging, especially if you have **IBS**. There is that constant worry about the availability of toilets and having easy access to them. Alongside the worry of discovering a toilet there is the strain of eating different foods, the opportunity of food poisoning, the purity of the water and of course the discomfort of travelling. Please continue reading to uncover the best ideas for taking a trip when you are affected by IBS.



- You can eat some yogurt to get relief from the burning pain in the stomach.
- Yogurt consists of probiotics which help in IBS condition and improve overall stomach health.

### You can Drink a Glass of Cold Milk When Dealing With Burning Stomach Pain.

Drink a lot of water (around 8 - 10 glasses a day). This will help in proper movement of bowels and aid digestion.

- A glass of cold water, add some crushed cilantro leaves and 2 teaspoons of sugar.
- This drink will immediately give you relief from burning stomach pain.
- You know what disorder you are suffering from, take precautions to avoid further irritation of the stomach discomfort.
- For example, if you suffer from acidity, avoid eating hot food, and eat light yet frequent meals.
- Also, eating more alkaline foods can greatly help to reduce acidity.

### Weight Loss

Correct metabolism plays a huge role in the process of healthy weight loss. Many people with lipase deficiency and even those who take in a high carbohydrate diet suffer with obesity. Because it helps in fat breakdown, weight loss supplements made from lipase enzymes are found pretty effective. Along with breaking the fat molecules, it likewise manages digestion and as a result, helps preserve body weight. It controls the cholesterol levels and decreases the risk of numerous diseases that come with weight problems. Lastly, it is also important to remember that a few of the medical conditions that progress due to low lipase levels in fact make it difficult to lose weight quick. Hence, even though these supplements are not directly associated with weight loss, a person experiences weight loss due to correct metabolic and digestive conditions.



IbsIbs SymptomsIbs Support

“



**Distended Belly** Distended belly, typically described as abdominal weight problems is an uneasy feeling, where the stomach size appears unusually big. This is among the most typical swollen belly symptoms, occurring in obese people. Going to the workplace with a...

- **Colon Cancer:** Persistent blood in stools may signal the presence of malignant growth in the colon.
- The abnormal department of cells usually begins in the inner lining of the colon and ultimately spreads to the adjoining areas.
- People with colon polyps (little benign projections) are at increased risk of colon cancer.
- This is because, these polyps can turn malignant and so they ought to be removed at the earliest.
- **Food Poisoning:** Contaminated food can contain various poisonous germs, viruses, or parasites.
- Food poisoning triggers signs and symptoms like nausea, vomiting, stomach cramps, stomach burning, and watery diarrhea.

Nevertheless, if it is a situation where you are not able to avail medical help, try these home remedies.

- There are lots of antacids available over-the-counter.
- They can be found in syrup and tablet form.
- The prescribed dosage for children and adults is pointed out on the label, so you can take the medication accordingly.

**Disclaimer:** Content in this document is an advertisement, therefore it may be biased and should not be considered an objective or independent review. Owner of this document may be compensated when you purchase a product by clicking a link in this document. The views and opinions expressed in this document are purely of the author. Any product claim or other representation about a product or service should be verified with the manufacturer, provider or party in question. Any health information in this document is for educational purposes only and is not intended to replace the advice of your health care provider.