

Gas and Bloating After Eating: So Common—It’s “Normal”

If you do not digest your foods properly (especially meats and proteins), beginning in the stomach, you will suffer from gas, bloating, fullness after meals, and even allergic reactions such as hives and allergies. This is all too common. And it has to do with a series of bad habits, and a slow loss of natural digestive acids and enzymes.

The bad habits are easy to fix. You simply need to chew your food thoroughly and eat whole foods that your body can digest naturally. Processed foods are not something that your body recognizes as food that can be properly digested. In other words, for some of these processed-food concentrations, a human digestive enzyme does not exist. It would be as if you ate plastic or wood.

Adequate Acids and Enzymes

If you suffer from indigestion, gas, and bloating, you should not take antacids. Antacids cover up the symptoms and make the problem worse. Food will generally not leave your stomach until fully acted upon by digestive enzymes. So, without adequate amounts of these enzymes, food will stay in your stomach for long periods of time. Or worse, with digestive failure in your stomach, food that is not properly digested will be finally passed along to your intestines. This condition causes severe indigestion, gas, and even allergic reactions.

Animal protein (meat) is digested (liquefied) in your stomach by the enzyme *pepsin*. Pepsin is activated by hydrochloric acid (a catalyst). Proteins and meat entering your small intestine as *undigested* proteins are ***extremely toxic to your system***. In the intestine, undigested protein undergoes *putrefaction*, giving off poisonous end products called *guanidine* (a constipation toxin), and *histamine* (an allergen that causes allergies, hives, and more), among others. This process is very different from the way adequately digested and liquefied proteins enter the lower digestive tract—as amino acids and peptones, which are needed to build a strong, healthy body.

This is a natural phenomenon that cannot be disputed. You simply cannot go against the laws of nature and expect something other than the usual miserable triad of gas, bloating, and allergic fullness after meals. So think twice about what you eat. Make sure you chew. Be careful about combining foods if necessary. Drink pure water. Stop using antacids and acid blockers. And if your digestive system has been depleted from years of abuse, rebuild it with digestive enzymes.

I use *Zypan* from Standard Process as the premiere digestive enzyme because it is so effective at rebuilding the *protein digestion* system. Undigested proteins cause many more problems than fats, carbohydrates and sugars. Try 1 to 3 Zypan tablets per meal and

judge your response. If Zypan causes burning you may have an ulcer than needs to be healed first. If you digestion improves with Zypan and the other treatments discussed in this article, you are well on your way to better health.

Gas, bloating, fullness, allergies, and hives? Think digestions, not antacids.

Hiatal Hernia

Surgery is rarely if ever done on hiatal hernia patient any longer. Thank goodness for ending this ineffective, dangerous, and costly procedure. Too bad for the tens of thousands who wasted their money and possibly had permanent diaphragm and stomach issues.

Hiatal Hernia simply means that part of the stomach is pushed up through the diaphragm into the chest cavity. One of many symptoms come from acid being squirted up into the esophagus, but certainly not the only one.

The treatment according to world famous experts is to stop the acid squiring into the esophagus by taking drugs *to turn off the acid in the stomach!* This treatment is so typical of the medical establishment. It leaves the patient with little if any real relief from hiatal hernia, completely ignores the underlying cause of the problem, and as so often happens with medical therapy, leaves the patient permanently ill due to malabsorption and poor digestion from lack of sufficient stomach acid.

Cause and Treatment

In fact, the most common cause of hiatal hernia is *insufficient* (as in not enough) *stomach acid*. With a lack of adequate stomach acid, food ferments, producing acids and gases. These gases want to rise and therefore constantly push the stomach up towards the chest cavity. Burping, belching, heart symptoms (such as arrhythmias, chest pain, and even feelings of impending heart attack), heartburn, and all the rest can result. Eventually the hiatus (muscular ring in the diaphragm tat keeps the stomach down) weakens and allows the gases and part of the stomach to rise into the chest. So, the real first line treatment is to increase stomach acid by taking a product like *Zypan* by Standard Process.

The next most common cause of hiatal hernia is a strain or injury. This is often from a fall, chronic coughing, or some other muscular strain to the diaphragm. When this happens, nothing short of using a pressure technique to pull the stomach down and strength the diaphragm will provide any real cure.

Luckily, this technique can be done safely and easily at home—even though very few physicians have heard of it.

By the way, did you know that turning off the acid in your stomach causes untold problems for the rest of your life? These include but are not limited to osteoporosis, malabsorption syndrome, irritable bowel, colitis, indigestion, chronic nausea and vomiting, heartburn, heart problems, tooth and gum disease, pneumonia, and an endless list that would take up many more pages.