



## Get Rid Of The 3 B's - Burping, Belching And Bloating

Probably 75% of all the patients I work on have a problem with gas or flatulence. This is mostly due to not being able to digest protein adequately. Protein takes a lot of hydrochloric acid from the stomach to be broken down. A deficiency of this hydrochloric acid production is probably one of the most common conditions after age 50, since research has shown that at age 50 the stomach is only releasing 15% of the amount of acid that is released at age 25. A more alarming figure is that 35% of all individuals over 65 do not secrete any hydrochloric acid at all.

If the protein isn't broken down completely, then it has a tendency to ferment and putrefy. When this occurs, you will have bloating and gas after eating, fullness, heartburn, and sometimes vomiting.

Let me tell you the simplest way to stop the problem first. Eat the protein foods at the beginning of the meal! Most of us in the United States eat a salad before the meal, and the carbohydrates which make up the salad require no hydrochloric acid. The stomach dumps all the hydrochloric acid in to begin with, and then when the protein food (meat, fish, beans, cheese, etc.) needs the acid, there is none left. So always eat the vegetable salad either with the protein food, or after, but never before.

Now, if the above is still not enough to stop the problem, you may need to help the stomach out by taking some hydrochloric acid with your meal. I always recommend betaine hydrochloride, which you can get at your local health food store. However, one really important point to remember here, is to take one or two tablets after you eat. Whatever you do, don't take them before or during the meal because we want your stomach to produce and secrete as much acid as it can first, then you add the additional acid needed.

Now don't forget these other good habits either:

- 1) Eat smaller meals.
- 2) Chew all food extremely well and eat slowly.
- 3) Never eat if you are not hungry, or you are upset.
- 4) Don't eat raw fruits and raw vegetables at the same meal.
- 5) Always have salad with or following main course (never before).
- 6) Don't eat so many different foods at same time.
- 7) Don't drink too much liquid with meal.
- 8) Dessert should follow at least 1/2 hour after main meal.