

Health Bulletin



Fight Tummy Gas The Natural Way

(NAPSA)—If you've ever complained of bloating and gassiness, you have plenty of company. As many as one in five people suffer from the same condition. Though many have the problem, few talk about it.

The commonest causes of intestinal gas are: swallowing air while eating; eating too fast; and bacterial fermentation. According to the National Institutes of Health, most people produce about one to three pints of gas in a day and pass gas about 14 times in 24 hours. Excess gas is difficult for the body to expel because the gas bubbles get trapped in the stomach and intestines.

A popular strategy for people who want to reduce intestinal gas is to cut down on certain foods. Although everyone is affected differently, the foods that cause problems are usually those high in fiber or carbohydrates, which are

hard to digest. Some of the culprits include beans, peas, whole grains and cabbage.

Also, foods containing milk or wheat can cause discomfort for people who are intolerant to them.

Studies show that when activated charcoal caplets, such as CharcoCaps®, are taken before or after a meal, intestinal gas and flatus are greatly reduced. A doctor-recommended natural remedy, it's made with four homeopathic ingredients coated around an activated charcoal core.

Those ingredients—carbo vegetabilis, lycopodium clavatum, cinchona officinalis, and sulphur—are considered by many pharmacists to be

effective at stimulating and supporting the body's defense against intestinal gas.

CharcoCaps are available at pharmacies and health food stores. To receive a money-saving offer, e-mail requainfo@requa.com or write to: Requa, Inc.; P.O. Box 2384; Bridgeport, CT 06608.

