



**SENSITIVE STOMACH:
WHAT YOU SHOULD KNOW**



THE
FOOD INTOLERANCE
TESTING GROUP

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The Food Intolerance Testing Group

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What is a sensitive stomach?

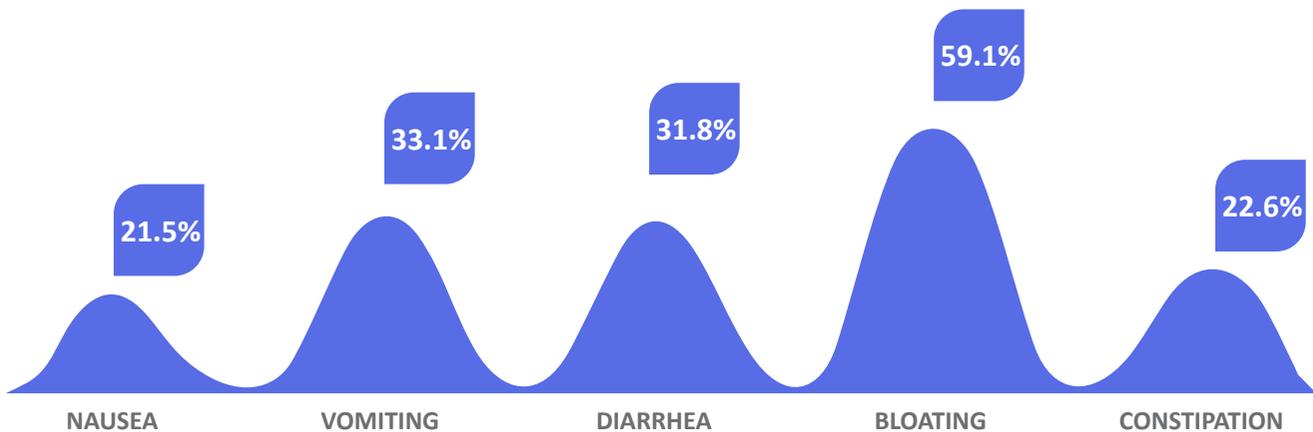
The term sensitive stomach is a non medical way to describe a stomach that's easily upset. People with a sensitive stomach may experience recurring gas, bloating, nausea, vomiting, constipation, or diarrhea.

Someone who has a sensitive stomach might connect their sensitivity to certain foods or situations.

Others might experience discomfort or digestive disruptions without being sure of the cause.

At some point, everyone experiences stomach upset.

However if you regularly deal with discomfort, indigestion, or changing bowel habits, you may have a sensitive stomach.



(Graph data based on our customers intake questions (1000 units))

What causes a sensitive stomach?

Some people with chronic stomach discomfort are more sensitive to certain foods — like dairy, spicy foods, alcohol, or fried foods.

Others may find that they have food intolerances or food sensitivities.

Unlike those with food allergies, people with food intolerances or food sensitivities may be able to tolerate small amounts of the foods in question.

People with a dairy sensitivity can take enzymes that help them digest lactose.

Irritable bowel syndrome

Sometimes, people who experience frequent stomach issues have something more going on than just sensitivity.

Irritable bowel syndrome (IBS) is one common culprit behind ongoing stomach trouble.

While its signature symptoms are similar to those of a sensitive stomach, chronic bowel pain is usually involved with IBS.

This is due to inflammation in the intestines that tends to be made worse by certain foods.

IBS prevents your stomach and intestines from functioning optimally. Some people with IBS have chronic constipation, while others experience ongoing diarrhea. IBS affects the mobility of the contents of your intestines.

This causes:

- Changes in bowel habits
- Trapped gas
- Abdominal pain



A photograph of a woman lying on a bed in a hospital room. She is wearing a white hospital gown and has her hands clasped over her face, suggesting she is in pain or distressed. The room is dimly lit, and a bedside table with a telephone is visible in the background.

Women tend to be diagnosed with IBS more often than men.

Women who have had surgeries like C-sections or hysterectomies may be more prone to IBS than others

The background is a solid blue color. In the lower half, there is a large, stylized lotus flower outline in a lighter shade of blue. In the upper half, there are three solid blue circles of varying sizes arranged in a vertical line.

What are the
symptoms of a
sensitive stomach?

Most symptoms of a sensitive stomach can easily be treated at home. These include:

- Intestinal gas
- Bloating
- Indigestion
- Heartburn
- Acid reflux
- Nausea
- Vomiting
- Occasional abdominal pain
- Constipation
- Diarrhea

However, if you have the following severe symptoms, contact your doctor immediately:

- Chronic or severe abdominal pain that makes it difficult for you to do your normal activities
- Blood or pus in your stool
- Severe, ongoing diarrhea that lasts for more than two days
- Nighttime diarrhea that keeps you from sleeping
- Unexplained fever
- Allergic reaction (hives, swelling, itching, etc.)

These symptoms may signal a serious condition. Your doctor will perform testing to determine the cause of your symptoms and diagnose the issue.



How to treat a sensitive stomach?

Because there are many things that can upset a sensitive stomach, it can take time to pinpoint and solve the problem.

You can take a food sensitivity test to find out your problem real quick. Here are some remedies you can try at home to alleviate your discomfort.

Eat smaller portions

Filling your stomach too much can make you gassy and give you indigestion. Try reducing the amount of food you put on your plate at each meal.

Eating five or six small meals per day may also be more comfortable for your stomach than eating three large meals.

Eat more slowly

Eating too quickly can also give you unpleasant trapped gas and indigestion. Make sure your food is well-chewed before you swallow. Since digestion starts long before the food reaches your stomach.

Drink more water

If you don't drink enough water every day, you might be chronically dehydrated without realizing it. Inadequate water intake can cause problems with digestion and elimination.

If you don't have enough water in your body, your colon can't pull enough water in for proper bowel movements. In other words, if you don't drink enough, you could end up constipated.



Lower your caffeine intake

Caffeine can be a stomach irritant. If you consume high amounts every day, lowering your caffeine intake could soothe your stomach.

You might also consider changing the time of day when you drink caffeine to see if that helps.

When caffeine is the main culprit, you may want to gradually eliminate it from your diet.

Reduce your stress

Chronic stress can lead to an upset stomach. If you aren't able to pinpoint irritating foods, it might be that stress is triggering your discomfort. Consider adding a stress-relieving practice to your routine, like meditation or yoga.

Foods that tend to be soothing to people with sensitive stomachs include:

- Cooked fruits and vegetables
- Lean protein
- Easily digestible grains
- Fat-free or low-fat dairy

To find out which food are causing the problem a food sensitivity test can help

THE NUANCES OF FOOD ALLERGY, FOOD SENSITIVITY, AND FOOD INTOLERANCES.

Food Sensitivity

Symptoms of food sensitivity vary. But the symptoms of intolerance are all digestive-related.

These can include:

- Gas and bloating
- Diarrhea
- Constipation
- Cramping
- Nausea

Food Allergy

Food allergies can be fatal, unlike a food intolerance or sensitivity. In extreme cases, ingesting or even touching a small amount of the allergen can cause a severe reaction.

Symptoms of food allergy include:

- Skin reactions, like hives, swelling, and itching
- Anaphylaxis, including difficulty breathing, wheezing, dizziness, and death
- Digestive symptoms

Food Intolerance

It can be difficult to determine whether the patient has a food intolerance or an allergy because the signs and symptoms often overlap.

Most common symptoms are:

- Bloating
- Migraines & headaches
- Cough & runny nose
- Feeling under the weather
- Stomach ache
- Irritable Bowel
- Hives

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What's the outlook for a sensitive stomach?

Most people with sensitive stomachs can successfully manage their symptoms at home through dietary and lifestyle adjustments.

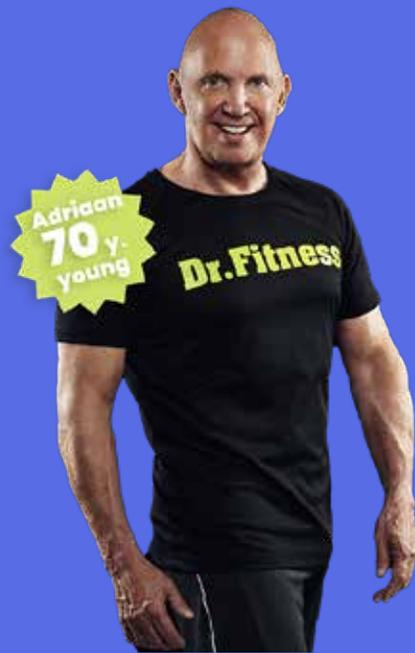
Sometimes, though, stomach discomfort can indicate a more serious condition like IBS, IBD, celiac disease, Crohn's disease, or ulcerative colitis.

If you are concerned about any of the symptoms you're experiencing, contact your doctor.



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Your health is not an expense, it's an investment.



I am fully aware that the food we choose to eat will affect our physical and mental health, our athletic performance and how we age.

Questions? Don't hesitate to send me an email! Because I want to help you as much as possible, you can always email me.

Even in the evening and during weekends.

Your health is the most important thing.

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Adriaan, 70 years young
— Fitness Expert & Senior Nutritionist
Founder of The Food Intolerance Testing Group

