

Do you have Gas? Is it a bad thing?

Bottom-line:

Regularly passing gas is a sign that your body and your digestive tract are working as they should. Minor changes to your diet and lifestyle may increase or decrease the number of times you have gas. Everyone passes gas many times every day.

Common foods that cause gas from WebMed

Certain high-fiber foods may cause gas, including:

- Beans and peas (legumes)
- Fruits
- Vegetables
- Whole grains

While high-fiber foods increase gas production, fiber is essential for keeping your digestive tract in good working order and regulating blood sugar and cholesterol levels.

Other dietary factors

Other dietary factors that can contribute to increased gas in the digestive system include the following:

- **Carbonated beverages**, such as soda and beer, increase stomach gas.
- **Eating habits**, such as eating too quickly, drinking through a straw, chewing gum, sucking on candies or talking while chewing results in swallowing more air.
- **Fiber supplements** containing psyllium, such as Metamucil, may increase colon gas.
- **Sugar substitutes**, or artificial sweeteners, such as sorbitol, mannitol and xylitol, found in some sugar-free foods and beverages may cause excess colon gas.

Simply put passing gas is a normal and natural occurrence. It's the by-product of a digestive system at work. There is no way around passing gas. It is healthy and good for your body in most cases. A diet that includes lean proteins, vegetables, fruits, and grains, which is very healthy and the way I would like you to eat, will produce gas.

MORE INFO GAS 101: Gas in your stomach is primarily caused by swallowing air when you eat or drink, especially if it is carbonated. Most stomach gas is released when you burp. Gas forms in your large intestine (colon) when bacteria ferment carbohydrates from mostly fiber in your small intestine. Good gut health and a thriving colony of bacteria produce more gas. This is a good thing. You may want to hold in gas, think again, holding in gas too frequently can actually irritate the colon. According to healthline.com releasing gas is always healthier than holding it in. So don't be afraid to let it go, which I agree with to a point. Gas pain may occur if gas is trapped or not moving well through your digestive system. Most people pass gas up to 20 times a day. According to healthline.com excessive farting is farting more than 25 times per day. Excess gas or extreme flatulence odors may be signs of a potential medical condition or issue. These symptoms could be your body's way of letting you know something isn't right. It might be a food intolerance. Certain digestive system disorders, such as irritable bowel syndrome or celiac disease, may cause — in addition to other signs and symptoms — an increase in gas or gas pain according to WebMed. Talk to your doctor if your gas or gas pains are so persistent or severe that they interfere with your ability to function well in daily life. **According to WebMed see your doctor if you experience any of these additional signs or symptoms:**

- Bloody stools
- Change in consistency of stools
- Change in frequency of bowel movements
- Weight loss
- Constipation or diarrhea
- Persistent or recurrent nausea or vomiting

Seek immediate care if you experience:

- Prolonged abdominal pain
- Chest pain

Self-checks: Solving problems before they happen.