



Article Side

Important Facts That You Need to Know when It Comes to Indigestion by [Carina Corone!](#)

Article published on January 18th 2012 | [Health](#)

Indigestion is the most common term used to describe the improper process of digestion in the digestive system. It means that the food in the stomach is not properly digested. A lot of people suffer from this kind of symptoms of indigestion. However, some people do not pay serious attention to this because they believe that his condition is not as serious as other stomach related diseases.

Some people only characterized indigestion as an uncomfortable feeling in the abdomen after eating a heavy meal or the feeling of going to the toilet. It makes people irritated and frustrated but they are not seeing anything wrong when it comes to indigestion.

The digestive system is one of the most important systems on the body because it is responsible in converting food into energy. Of course, the other organs are also needed to make the digestion a success. Good digestion is also a key to good health and well-being.

Aside from the pain that it causes to the abdominal area, it can also make your skill look dull. There are a lot of people who also experienced problems in sleeping because of burning chest or loud eructation. Of course, indigestion is also associated to other symptoms. Here are some of the indigestion symptoms.

- Gas-loud Eructation
- Belching
- Nausea (sometimes)
- Constipation – You do not feel any satisfaction after going to the washroom.
- Heartburn-hyperacidity
- Burping or bad smelling flatus
- Bloating
- Pain in the abdomen
- Fullness or uncomfortable feeling
- Diarrhea
- Sour eructation

It is also important to know that there are certain foods that may trigger indigestion. Some of the common culprits are foods that are rich in fats, spicy foods, processed foods and various foods having too low or too high fiber.

Some disease conditions that may also affect the digestion are Irritable bowel syndrome (IBL), celiac diseases, hyperacidity and hormonal imbalances during menstruation.

If you want to prevent indigestion, here are some of the things that you can consider.

- Always eat fruits and vegetables
- Eat required amount of fiber
- Do not over eat
- Chew your food well
- Add natural products on your diet
- Do not do exercises after meal
- Avoid foods that may trigger your allergy
- Do not skip meals and eat on time
- Avoid lying down immediately after eating
- Keep your body hydrated

These tips might help you reduce or prevent the occurrences of stomach aches caused by indigestion. If you still encounter stomach aches after doing this, it is best to seek the help of a professional doctor to check your condition because it might be an underlying cause of a more severe health problem.

Article Source:

<http://www.articleside.com/health-articles/important-facts-that-you-need-to-know-when-it-comes-to-indigestion.htm> - [Article Side](#)

[Carina Corone](#) - About Author:

a [Indigestion symptoms](#) are very common to people after taking a heavy meal but if you experience more severe symptoms, consult your doctor immediately. To know more about this, you can consider visiting a <http://ibs-acidreflux.com/>.

Article Keywords:

indigestion symptoms