# Causes of Excessive Gas Formation and Effective Home Remedies by Cody

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Excessive gas is one problem that has been spreading like a virus for the people of all age groups. It not only leads to discomfort but also to a host of other embarrassing problems such as belching, farting, burping, bloating, and flatulence. The root cause for all these problems stems from the formation of gas in the upper or lower gastrointestinal tract. The terms belching and burping are used when gas is released through farting or flatulence. Bloating refers to the state wherein the person feels discomfort to expel the gas from the stomach. If the gas is released after eating the meal, this condition is medically termed as belching or flatulence. According to a recent study conducted in the US, it's believed that a majority of the people release gas at least 3-4 times a day. People who suffer from excessive gas on an average release gas 12-15 times a day.

The gas can be formed in two intestinal parts- upper and lower. Let me discuss a few useful stuffs that I learned when I was hunting for information on my Internet connection powered by FiOS Internet service.

Gas in upper intestinal part

The act of swallowing air, medically termed as aerophagia, leads to the formation of gas in the upper intestinal part. The fact that swallowing of air leads to gas formation might sound silly but the air, besides containing oxygen, also contains gases like carbon dioxide and nitrogen that are harmful to the body. An over dose of these gases may lead to gas formation instantly that will ultimately result in bloating or belching. The air may be swallowed through smoking, chewing bubble gums, drinking juice through straw or loose dentures. Eating or drinking hurriedly also leads to gas formation. Sometimes people tend to swallow air when they are stressed out; this may also result in excessive gas.

Gas in lower intestinal part

There are many ways through which gas gets accumulated in the lower intestinal part. The undigested food in the stomach that gets broken down by the essential bacteria present in the intestine is one of the main causes of formation of gas. This gas consists of hydrogen and or carbon dioxide, and sometimes methane that have to be expelled from the body. But how do the gases get expelled? Now, you would have understood the reason why people fart. It gets released in the form of gas by farting or flatus (the medical term given to the expelling of gas through anus). As a matter of fact, beans, grams, and cabbage when eaten in cooked form leads to the formation of gas in the stomach. This is mainly because they are not readily digested by the body. Other eatables that lead to gas formation are potato, pasta, onions, asparagus, peaches, and apples. Food rich in fat also leads to this problem. Interestingly, one food that doesn't cause gas formation is the one that dieticians ask us to avoid- rice.

Simple remedies for excessive gas:

Ginger and lemon

Eating ginger is one of the best ways to prevent gas formation. Ginger is naturally good for digestion and when eaten raw, eases out the digestion process. However, doctors recommend people who suffer from excess gas formation to drink at least 1-2 glasses of ginger lemon juice everyday to curb the problem. Lemon serves myriad benefits to the health. It helps to get rid of the excess fat content in the body and enhances our overall health devoid of any side effects.

Garlic

Alternatively, eating one or two pieces of garlic also helps in preventing and curbing the excessive gas in the body. If you are allergic to the smell or taste of garlic, just crush and mix it with honey and eat it. Eat garlic everyday (not more than 2) and your gas problems will disappear within a month!

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