

May 29th | World Digestive Health Day

# How is your digestive system?

According to the World Gastroenterology Organization (WGO), 20% of the global population suffers from some type of intestinal distress and 90% of them do not even seek medical help, resorting, often, to self-medication, or simply ignoring the problem altogether.

Gastritis, reflux and appendicitis - diseases that most commonly attack the digestive system - are often considered less important, since many people don't see the real seriousness of the problem.



## Most common symptoms of diseases of the digestive system:

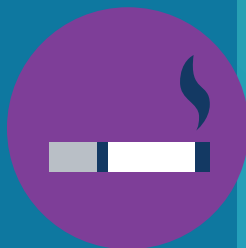
- Nausea;
- Stuffiness;
- Heartburn;
- Diarrhea / constipation;
- Abdominal pain.



## Prevenção

Digestive disorders are generally linked to bad habits that have been acquired throughout life, such as inadequate nutrition, physical inactivity, smoking, and stress.

Early diagnosis is the best way to cure it and avoid complications! At the first sign of frequent stomach irritation or pain, significant changes in stools, diarrhea, and even bad breath for no apparent reason, seek a doctor immediately. Avoid self-medication.



## Demystifying carbohydrates

Sometimes they're the villains, and sometimes they're the good guys of healthy eating. Carbohydrates can surprise us when it comes to digestive health. Some of these foods help digestion and assist in proper bowel movements. Rice, oats, sweet potatoes, and English potatoes, for example, are great sources of "good" carbohydrates and can be a great addition to your diet plan.

## Tips for improving your digestive health

- Try to eat slowly, chewing your food well;
- Prepare your meals in a peaceful environment;
- Eat at least 5 small meals, with intervals of approximately 3 hours;
- Try not to go to bed immediately after a big meal and avoid eating any food late at night;
- Remember that there is not one single food that can prevent the symptoms of gastric distress, instead, there is a selection of preventive actions.



**Maintaining good eating habits and paying attention to signs is the best way to take care of your digestive health!**