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Excessive smelly wind

Humans fart 5 Å ç à, ~ "15 times a day. Even if the fart is perfectly normal, the excessive wind can lead to embarrassing situations and persistent odors that make the socialization difficult or impossible. Fortunately, dietary changes can cure the Excessive flatulence because the gas is often connected to specific foods, which are fermented by intestinal bacteria in the large intestine. The microbes release gas while rediscovered non-digested food particles. In the end, the gas enough accumulates and is released by the 'Ano. Summary in particular, high fiber foods, such as vegetables and legumes, feed healthy and harmless intestinal bacteria, which transform them into beneficial substances such as vitamins and prebiotics, with flatulence as a side effect. This is why vegan Or the vegetarian can make people gaseous. The smell of smell smell is caused by hydrogen sulfide, which makes the rights smell of OC eggs AVoli Marci. Some intestinal bacteria, such as Desulfovibrio and Desolfobulbus, produce hydrogen sulfurized by amino acids in food, such as cysteine and methionine. Digestive health problems can also cause a bad wind and constant carcaraters. Excessive flatulence can be caused by lactose intolerance (which can happen to any age), in addition to irritable bowel syndrome (IBS) and untreated celiac disease. Å, ~ Å Å, disclaimer. ~ This article is only for informational purposes. It is not intended to constitute or be a substitute for a doctor, a diagnosis or a professional medical treatment. 1. Beans and legumes The beans are a common cause of excessive beans and legumes, as lentils, are food that cause flatulence and swelling. They contain galactooligosaccharides (GOS) and fruitnens, which are dietary fibers that cannot be divided by human enzymes. Instead, they are fermented by intestinal bacteria in the crassous intestine. People with irritable bowel syndrome are more susceptible to the digestive pain caused by gas, which is why some dietes recommend following a low Fodmap diet, which excludes foods that contain fruits and galactooligosaccharides, such as beans and legumes. Å, ~ Å Å, Quick Fix Alpha Galatosisidase, a digestive enzyme sold under the name of Beano, can reduce flatuleni problems caused by beans and legumes. 2. Germusalem Item Gastronautv explains why Jerusalem Artichoke causes an excessive wind Jerusalem Artichoke, also known as Sunchoke, is an amidatically edible root. Contains high levels of inulin, a very gasty non-digestible carbohydrate that is fermented by intestinal bacteria. He has powerful powerful flatulence powers that professionals who chefs and gardeners have nicknamed him. Inulin is a prebiotic that good intestinal bacteria are transformed into butty, a short-chain fatty acid that keeps the lining in good health. It also improves the absorption of magnesium and calcium Å ç à, ~ "micronutrients that support the health of the bone, the nerve and muscle function and more. Å Å, ~ Å Å, Quick Fix avoids or consuming very small portions of jerusalem artichoke when it is in season. 3. The cruciferous vegetables cabbage, broccoli, cauliflower and other cruciferous vegetables are common foods that cause flatulence and gas. These plants release organic compounds containing sulfur, called glucosinolati, when the leaves are cooked e / O chew. Human. Studies show that a wide variety of intestinal bacteria transform glucosinolates into sulfate and ferrous ions, which can be further metabolised in sulphury hydrogen (which makes the fart Like geared eggs) and sulfur respectively. On the positive side, the glucosinolates fuel fuel probiotic bacteria naturally reside in the human intestine, such as Lactobacillus and Bifidobacterium. On the other hand, a bowel with too many bacteria that reduce sulphate, as desulfovibrio, can increase the production of sulphide hydrogen, which causes truly smelly farts. Å ç ~ Take a bowel Test, ~ The Atlas Microbioma test detects which bacteria live in your intestine and if your bacteria reduce sulphate are overabundant. 4. Milk and dairy intolerance Lactose intolerance Causes Digestive symptoms and bad dairy flatulence and dairy products are food that causes a bad smell flatulence if you have untreated lactose intolerance. Lactose is a sugar present in milk which is normally divided by an enzyme called lactase. The probiotic bacteria of the GUT, such as the Lactobacillus, are able to metabolize and absorb lactose. This can reduce the symptoms of lactose intolerance, particularly in people whose diets contain a non-digestible flatulent carbohydrate, known as galactooligosaccharide, (GOS), which is found in beans. Å ç ~ Look how your bacteria affect the lactose digestion ... The Atlas microbiome test detects bacteria that can alleviate lactose intolerance. 5. The sensitivity of non-celiac gluten of wheat and gluten is another condition linked to wheat, in which gluten triggers digestive symptoms, including excessive wind, but without causing damage to the intestine. Research shows that some intestinal bacteria knock gluten in particles that irritate the immune system, and this could be part of the problem. Although gluten-free diets are very popular, they shouldn't be sighted slightly. Gluten-free diets are very restrictive - can lead to nutritional deficiencies and cause microbioma imbalances, which can even exacerbate flatulence. Always consult a doctor or nutritionist before making food changes. 6. High protein diet The truly smelly farts are caused by high protein diets high protein diets, such as the ketogenic diet and the carnivorous diet, are full of foods that cause the flatness of bad smell. Beef, eggs, pork, fish and poultry are rich in sulfur, which can be transformed into sulfurized hydrogen from intestinal bacteria, resulting in a bad smell gas reminiscent of geared eggs. Furthermore, the protein bars à ç

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