



HOMEOPATHIC TREATMENT

- Take 2 capsules of activated charcoal for the occasional dietary indiscretion
- If there is no specific physical issue, a homeopathic remedy that matches your symptoms and mental & emotional conditions can resolve the underlying cause of gas and bloating
- See reverse for a list of remedies

WHO IS AFFECTED

- ★ Everyone goes through periods of excessive gas, especially flatulence. Flatulence is only an issue when it becomes chronic.
- ★ Passing gas is almost universal.
- ★ Everyone burps, though the number that defines a "lot" of burping has not been determined.
- ★ Most of us have bloating and distension from time to time, usually related to diet.

☎ 510.516.1334

✉ edipfeiffer@gmail.com

📍 431 30th St. Oakland,
CA, 94609

TYPES, SYMPTOMS, & TRIGGERS

- A. Belching is usually caused by excessive gas in the stomach from swallowing air which brings relief. It can also be a sign of abdominal problems or an acute anxiety attack.
- B. Passing gas is common and caused by an excess of gas. People normally fart 20 times a day.
- C. Bloating is the subjective sensation that the abdomen is full or larger than normal. Thus, bloating is a symptom akin to the symptom of discomfort.
- D. Distention is the objective determination (physical finding) that the abdomen is larger than normal. It may be caused by relaxation of the muscles of the abdominal wall and downward movement of the diaphragm.
- E. Triggers:
 1. the greater ability of some bacteria to produce gas
 2. maldigestion or malabsorption of poorly digested sugars such as: lactose, sorbitol, fructose and polysaccharides especially if there is celiac disease present
 3. bacterial overgrowth of the small intestine

WHAT ALLOPATHY SAYS

- A gluten free diet is necessary if a small bowel biopsy determines celiac disease. If the person is lactose-intolerant, then avoiding milk or drinking milk with lactase added is offered.
- Bacterial overgrowth of the small bowel is usually treated with antibiotics. However, this may not be effective. Allopathy may therefore recommend patients be treated by antibiotics continuously.
- Certain vegetables and fruits may cause excessive gas because they contain types of starches that are well digested by bacteria, but poorly digested by people. These include beans, lentils, cabbage, Brussels sprouts, onions, carrots, apricots, and prunes. Reducing the intake of these and whole grains, should reduce gas and flatulence.
- The list of gas-producing foods is long, and it may severely restrict the diet.

BERKELEY HOMEOPATHY



GAS AND BLOATING

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REMEDIES THAT CAN HELP

Carbo vegetabilis

A feeling of emptiness, exhaustion, weakness, dull and sluggish, both during acute times, and more chronically. Acutely, this is a great remedy after strong allopathic drugging, childbirth, surgical operations, etc. It should always be thought of to relieve gas and distension after abdominal surgery. Person may feel cold and have a fine, cold, clammy sweat but want to be fanned constantly or have fresh air blowing on them. The digestive symptoms are generally worse from overeating, but specifically aggravated by eating fatty food; butter especially aggravates. In addition to this intolerance of fat, there is an intolerance of alcohol. Digestion is generally slow and sluggish. Painful, almost continuous burping. Excessive offensive flatulence and distension felt in the belly. Great relief after both farting and burping.

Lycopodium

Present themselves as strong and boastful, but feel weak and inadequate inside. Can be dictatorial at home and obsequious at school, work, out in the world. Often very intellectual, happy to spend most of their time at a computer. Symptoms are often felt more on the right side and the person generally has more symptoms from 4-8pm. Excessive flatulence and distension, especially when eat cabbage, beans, oysters and onions. Immediately after a light meal, abdomen is bloated, full. Constant sense of fermentation in abdomen, like yeast working; especially felt in the upper left side.

Sulphur

Tend to be needed by people who are very warm-blooded, like attention, have a lot of great ideas but don't necessarily fulfill them. Curious, need to know how things work, and can procrastinate. Burps taste putrid, a lot of acidity and sour burps. The abdomen is very sensitive to pressure; internal feeling of rawness and soreness. May have sensation of movements—of something alive in abdomen.

Argentum nitricum

People who need this remedy tend to be very extroverted, over emotional, and can't hide their feelings. They can be fearful, especially about their health, and don't like being alone. Their burps and farts are loud and explosive. Pain in the abdomen with a lot of flatulent distension. Strong craving for sweets which makes all their digestive symptoms worse.