

- Digestive**Good Health**

FAST FIXES FOR GI WOES

Outsmart digestive hassles with these easy strategies that deliver relief—pronto!

BY BRENDA KEARNS



ERASES INDIGESTION

Cozy couch time

The days are getting longer and busier. But that doesn't mean you need to give up the wintertime treat of curling up on the couch and getting lost in a great show or book. In fact, an Indonesian study suggests a relaxing break can quickly soothe an upset stomach—and daily R&R can erase even chronic indigestion. Turns out the branch of nerves that helps you digest food and absorb nutrients becomes more active as soon as you stretch out and unwind.

RELIEVES CONSTIPATION**Snacking on kiwi**

Whether a busy spring day throws your intestines out of whack or constipation is a year-round bother for you, eating kiwis can get you back on track fast. That's the word from New Zealand scientists, who say enjoying two of these sweet, tangy fruits daily relieves constipation more quickly and effectively than even fiber supplements can. The reason? Kiwis contain a gentle natural laxative that encourages elimination without cramping, bloating or other uncomfortable symptoms.



periodicalqcpublishing@gmail.com

ELIMINATES HEARTBURN**A garden peek**

Digging in at your first spring barbecue or indulging in rich seasonal treats can make heartburn flare. Thankfully, strolling through your yard admiring the pretty blooms and budding trees can provide relief in 20 minutes, plus cut your risk of future heartburn flares by as much as 83% if you do it daily, Iowa State research suggests. That's because nature strolls induce a deep sense of calm, which encourages stomach emptying.

**NIXES NAUSEA****A spicy sniff**

A bumpy car trip, a hurried meal, taking medicine on an empty stomach... a lot of things can make us queasy and uncomfortable. For speedy relief, take a few slow, deep sniffs of freshly grated ginger (or breathe in the aroma of ginger essential oil if you have it handy). In their research review of 11 studies, researchers in Taiwan discovered that the strong, spicy aroma of ginger quickly calmed the nausea center in the brain, tamping down queasiness in as little as 2 minutes.

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**FIGHTS GASSINESS****Fennel this way**

Next time a bout of gassiness puts a damper on a fun spring day, try munching on fennel seeds or taking a fennel seed capsule. Experts reporting in the *Journal of Education and Health Promotion* say fennel's active ingredient switches off the enzymes that fuel gas formation, easing symptoms as effectively as anti-gas medications do. A brand to try: Nature's Way Fennel Seed (Vitacost.com).

**SOOTHES STOMACH CRAMPS****Curling your toes**

Some spring days are sunny and warm; others are chilly and damp. And adapting to ups and downs in weather can disrupt the nerves that keep muscles relaxed, leading to painful GI tract spasms. Fortunately, Egyptian scientists say a trick called progressive muscle relaxation can quickly calm abdominal cramping. To do: Inhale slowly while curling your toes, then exhale as you relax them. Repeat with each muscle group, working up toward your head.