

## Ramadan and Upset Stomach

In month of Ramadan a lot of people complain about indigestion or upset stomach because people stay for several hours without food and then eat large or un-healthy amounts at the "Iftar or Suhoor meal" in a random and fast way.

### Symptoms:

- Pain in the upper abdomen
- Heartburn
- Belching
- Nausea and vomiting
- Abdominal bloating
- Abdominal distension
- Loss of appetite



### Here are some tips to avoid such symptoms:

- Eat slow-digesting foods especially food that contain fiber are the best choice for nourishing the body throughout the day.
- Eat at least 1 cup of fresh fruits.
- Eat at least 1 tablespoon yogurt in pre-dawn meal (suhoor meal).
- Start Iftar with 2-3 dates, dates are excellent source of energy.
- Eat slowly and mindfully.
- Drink Milk, it is great source of protein and calcium.
- Drink plenty of water/liquids.

### What to avoid:

- Avoid foods that are digested quickly.
- Avoid overeating.
- Avoid food that contains high sugar amount.
- Avoid foods that contain high amount of salt.
- Avoid drinking cola, sugary drinks, tea and coffee.
- Avoid oily, deep fried and very spicy food.
- Avoid fatty foods, since it slows down the digestion process.
- Avoid sleeping immediately after Suhoor and Iftar.



### Homeopathic management:

In cases of acute and chronic stomach disturbances, homeopathy has excellent results to offer to the patients. There is significant relief in the various symptoms such as heartburn, abdominal pain, bloating, etc after starting homeopathic treatment. There are many homeopathic remedies used for stomach problem. Depending on each patient, some remedies might be more suitable than others. Some homeopathic remedies include:

*Nux-vomica, Carboveg, Natrum phosphoricum, Lycopodium, Pulsatilla, Arsenic alb, Asafoetida, Phosphorus, Botulinum, Petroleum and Raphanus sativus.*

To read the full description of above remedies please visit my website:

[www.homeopathyforeveryone.com](http://www.homeopathyforeveryone.com)

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