

Flatulence

What is Flatulence?

Flatulence is the result of excess intestinal gas being passed through the anus from the lower intestine.

Signs and Symptoms

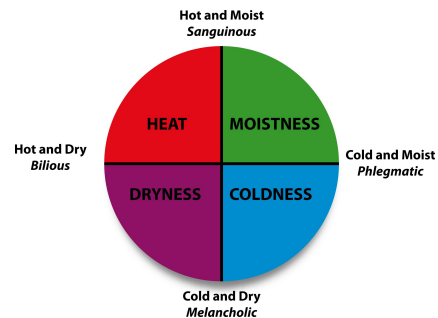
Excessive or unwelcome passage of gas from the anus; embarrassing wind breaking during coughing, sneezing or laughing, or during exertion; disagreeable and uncomfortable bloating of the abdomen due to gas accumulation; a feeling of urgency similar to the one signaling the need to defaecate; and the most serious (embarrassing) complication is breaking out in public.

What Causes Flatulence?

Flatulence is a by-product from the normal intestinal flora's (bacteria) action of hard to digest foods that passes into the colon such as beans. Food sensitivities or intolerance, as with ingesting foods containing gluten or lactose can also cause excessive buildup of intestinal gas, which is sometimes painful. Ailments such as IBS often feature excessive flatulence as a symptom.

The Tibb View of Flatulence

According to Tibb, the qualities associated with flatulence are **dependent on the underlying cause**. Eating gas-forming, cold and dry foods like beans, produces flatulence linked to qualities of **dryness with cold**. Although people with a melancholic dominant/sub-dominant temperament are most inclined to suffer with flatulence, other temperamental types can also suffer from it, due to a faulty diet or a poor lifestyle.



Treatment and Management of Flatulence

Treatment and management is aimed at **reducing the excess dryness with cold** associated with flatulence, by implementing Tibb Lifestyle Factors that will **increase the qualities of heat and moistness**. Treating the underlying condition and avoiding certain foods should also be adopted. This assists Physis in addressing both the symptoms and the causes of flatulence.

Tibb Lifestyle Factors

Food and Drink

- Eat **mostly Hot & Moist foods** - such as banana, sweet potato, and brown bread, **followed by Cold & Moist foods** – like butternut, carrots, pumpkin and pears.
- Eat **less of Hot & Dry foods** – such as avocado, garlic, onion and chickpeas, and the **least amount of Cold & Dry foods** - like beef, tomato, beans and mealie meal.
- Try to eat more fresh vegetables, fruit and whole meal bread, as these will increase roughage in the diet.
- Drink at least 6-8 glasses of warm water per day.
- Drink at least 2 liters of warm water daily.
- Use rice instead of potatoes, corn or noodles wherever possible.
- Avoid gas-promoting foods, especially apricots, beans, cabbage, brussels sprouts, broccoli, cauliflower, lentils, onions and radishes.
- Avoid food combinations that upset your stomach, such as consuming fruit with a heavy meal or milk with fermented products.

Medication

Herbal Remedies

- Add 1 teaspoon of fennel seeds to 1 cup of boiling water. Drink after cooling and straining.
- Adding the spices cumin, coriander, caraway and turmeric when preparing meals counteracts intestinal gas production.

Tibb Medication

Gastrone tablets - This contains ingredients that absorb excess intestinal gas, and a number of herbs, such as ginger, which inhibit its formation. Gastrone tablets are associated with qualities of **heat with dryness** which facilitates the movement of gas along the digestive tract.

For an in-depth understanding on the Tibb philosophy and all illness conditions download our latest book "**Healing with Tibb**". For further information: temperament <http://www.tibb.co.za/principles/>; diet charts: <http://www.tibb.co.za/food-drink/> For recipes: "**Cooking for your body type**" is available for free download For information on Tibb products visit <http://www.tibbherbals.com/>

COLD & DRY FOODS

MEATS	beef, biltong (beef), crabs, fish, knuckles, mussels, ostrich, oysters, pork, snails, tripe, veal
VEGETABLES	brinjal (egg plant), brussel sprouts, cabbage, cauliflower, green beans, mushrooms, peas, potatoes, sauerkraut, tomatoes
FRUITS	(all sour fruits), apples, cherries, coconut, grenadilla, grape fruit, lemon, lime, naartjies, oranges, pineapple, plums, prunes, pomegranate, raspberries, strawberries, sultanas
NUTS	peanuts
GRAINS & SEEDS	barley, beans (all types), corn, cornflour, couscous, lentils, linseed, maize, mielie meal, mielies, millet, peas, popcorn, poppy seeds, samp, sesame seeds
DAIRY PRODUCTS	egg white, sour milk, yogurt
OILS	coconut oil, corn oil, sesame oil
SPICES, HERBS & SEASONING	basil, prunes, poppy seeds, tamarind
DRINKS	sour fruit juices, tea (black), coffee, ice, sour milk
FLAVOURANTS	
CONDIMENTS & SPREADS	balsamic vinegar, peanut butter, pickles, tomato sauce, worcestershire sauce, vinegar
CONFECTIONARY & DESSERTS	
CEREALS	cornflakes, mielie meal, millet

COLD & MOIST FOODS

MEATS	Duck, rabbit
VEGETABLES	Bean curd, beetroot, baby marrow, butternut, broccoli, carrots, cucumber, gem squash, Indian ghourd, lady fingers, lettuce, okra, patty pans, pumpkin, radish, sprouts, soya beans, tofu, turnips, zucchini,
FRUITS	Apricot, cranberries, figs, kiwi fruit, litchis, melons, mulberries, paw-paw, pears, pineapple, prickly pears, quince, spanspek, watermelon
NUTS	Macadamia nuts
GRAINS & SEEDS	Cucumber seeds, melon seeds, pumpkin seeds, rice cakes, rice, sago, semolina, watermelon seeds, linseed
DAIRY PRODUCTS	Coconut milk, cows milk, goats milk, buttermilk, butter, rice milk, soya milk, Butter, margarine
OILS	
SPICES, HERBS & SEASONING	Cardamom, coriander, cumin, vanilla
BEVERAGES	Glucose, sugar cane juice, milk shakes, ice-cream, water, rooibos
SWEETENERS	Fructose, glucose, rose syrup
CONDIMENTS & SPREADS	
CONFECTIONARY & DESSERTS	Custard, ice cream, rose syrup, sago
CEREALS	Pronutro, rice crispies

HOT & DRY FOODS

MEATS	Chicken, lobsters, prawns, all small bird meat, Oily fish
VEGETABLES	Bitter gourd, celery, fenugreek, green pepper, garlic, leek, mustard, onion, parsley, red pepper
FRUITS	Avocado, Grapes
NUTS	Cashews, hazel nuts, pecan nut, walnuts
GRAINS & SEEDS	Chickpeas, fenugreek seeds, gram flour, mustard, seeds, papad
DAIRY PRODUCTS	Eggs
OILS	Mustard Oil
SPICES, HERBS & SEASONING	Aniseed, cinnamon, cloves, celery seed (ajmo), garlic, lavender, mustard seeds, nutmeg, oregano, paprika, parsley, peri-peri, red chilli, rocket, saffron, tarragon,
BEVERAGES	Alcohol, Grape juice, Herbal teas
FLAVOURANTS	Pungent and bitter flavourants
CONDIMENTS & SPREADS	Chili sauce, mustard sauce, peri-peri sauce
CONFECTIONARY & DESSERTS	
CEREALS	

HOT & MOIST FOODS

MEATS	Buck, goat, goose, lamb, liver, mutton, turkey,
VEGETABLES	Artichokes, asparagus, chives, ginger, olives, spinach, squash, spring onions, sweet potato, turnips
FRUITS	Bananas, dates, guavas, mangoes, peaches, papaya,
NUTS	Almonds, brazil nuts, pistachios, apricot kernels
GRAINS & SEEDS	Bread, bu'gar wheat, flour, pasta, rye bread, sunflower seeds, wheat
DAIRY PRODUCTS	Condensed milk, cheese, cream cheese, mothers milk (for babies), clarified butter, lecithin,
OILS	Castor oil, olive oil, sunflower oil
SPICES, HERBS & SEASONING	Bay leaves, black pepper, cayenne pepper, dill seeds, dried ginger, fennel, green masala, marjoram, mint, sage, salt, soya sauce, thyme, turmeric, watercress, white pepper
BEVERAGES	Green tea, hot water, juices (see fruit), Herbal Teas
FLAVOURANTS	Honey, molasses, sugar, salt
CONDIMENTS & SPREADS	Mayonnaise,
CONFECTIONARY & DESSERTS	Biscuits, cakes, chocolate, liquorice, vermicelli
CEREALS	All bran flakes, bran, honey smaks, muesli, nutri-k, nutritic, oats, puffed wheat, taystee wheat, weetbix