

# Indigestion

## What is Indigestion?

Indigestion, also known as dyspepsia, describes an upset stomach characterized by discomfort in the upper abdomen.

## Signs and Symptoms

Abdominal pain; feeling bloated; intestinal gas build-up; rumbling noise in the abdomen; belching; nausea (sometimes retching or vomiting); abdominal discomfort and fullness after eating; and a burning sensation in the upper abdomen.

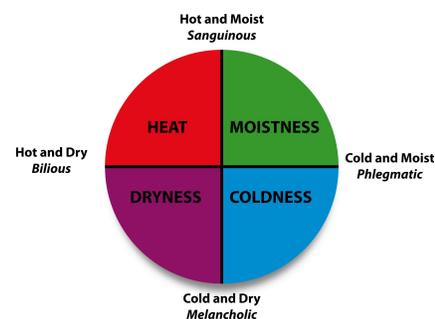
## What Causes Indigestion?

Indigestion is often caused by unhealthy lifestyle behaviour, which include: overeating; eating too quickly; eating spicy, greasy, carbohydrate-rich or fatty foods to excess; smoking; excessive intake of caffeine, alcohol, chocolate or carbonated beverages; underlying anxiety; swallowing air due to faulty eating habits; talking while chewing; eating and drinking at the same time; consuming cold foods like dairy and products; consuming gas-producing foods.

Certain medications like antibiotics, pain killers and iron supplements may cause indigestion. It is often a symptom of other ailments such as: constipation, gastritis, peptic ulcers, coeliac disease and inflammation of the pancreas.

## The Tibb View of Indigestion

Any food which is not digested properly ferments in the intestines. This produces the gases hydrogen and carbon dioxide. Psychological factors such as stress and anger can disturb the mechanisms that control contractions of the stomach and intestinal muscles. A lack of digestive enzymes in the gut can also cause intestinal problems. Indigestion may be a symptom of imbalance in the stomach or the intestines, mostly due to reduced digestive heat. As there are so many possible causes associated with indigestion, including poor eating habits, a faulty lifestyle and certain medications, it can affect people of all temperamental types.



## Treatment and Management of Indigestion

Treatment and management is aimed at **reducing the qualities** associated with the person's temperament, by implementing a lifestyle, especially diet, that is best suited for the different temperaments. This assists Physis in addressing both the symptoms and the causes of indigestion.

## **Tibb Lifestyle Factors**

### ***Food and Drink***

- Phlegmatic temperament – eat **mostly Hot & Dry foods** - such as garlic, onion, fenugreek and mustard, **followed by Hot & Moist foods**- like mutton, ginger, turmeric and black pepper, **and Cold & Dry foods**- such as citrus fruit, basil, yogurt and mealie meal and the **least amount of Cold & Moist foods** - like milk, rice, cucumber and watermelon.
- Sanguinous Temperament – eat **mostly Cold & Dry foods** - such as yogurt, citrus fruit, beef and basil **followed by Cold & Moist foods**- like coriander, rice, beetroot and broccoli, **and Hot & Dry foods**- such as garlic, onion, chicken and eggs, and the **least amount of Hot & Moist foods** - like white flour products, sugar, cheese and bananas.
- Melancholic Temperament – eat **mostly Hot & Moist foods** – such as ginger, olive oil, turmeric and honey, **followed by Hot & Dry foods**- like garlic, onion, chicken and eggs, **and Cold & Moist Foods**- such as coriander, rice, beetroot and broccoli and the **least amount of Cold & Dry foods** - like yogurt, citrus fruit, legumes and tomatoes.
- Biliary Temperament – eat **mostly Cold & Moist foods** – such as rice, coriander, cucumber and beetroot, **followed by Cold & Dry foods**- like citrus fruit, basil, yogurt and mealie meal, **and Hot & Moist foods**- such as ginger, olive oil, turmeric and honey, and the **least amount of Hot & Dry foods** – like onion, eggs, alcohol and garlic.

### ***Dietary advice to be followed by all temperamental types***

- Consume well-balanced meals containing fibre-rich foods such as fresh fruit, vegetables and whole-grains.
- Eat slowly, and chew the food well and thoroughly.
- Avoid drinking liquids during meals, as this prevents proper digestion. The drink dilutes the digestive stomach juices.
- Avoid lentils, peanuts and soybeans, because they ferment and produce intestinal gas. They also contain an inhibitor of gut digestive enzymes.
- Avoid junk food, bakery products, caffeine, fizzy drinks, citrus juices, fried and fatty foods, pastas, potato chips and other snack foods; red meat, tomatoes, processed foods, and salty or spicy foods.
- Avoid foods containing sugar and simple carbohydrates (white flour products). Concentrate on complex carbohydrates such as whole grain or brown products.
- Eat smaller meals and more frequently.

### ***Other Lifestyle Factors***

- Avoid eating when upset, overtired or exhausted.
- Avoid constipation by regularly use of a mild natural laxative.
- Partake in regular moderate exercise, as this increases body heat and so promotes better digestion.

## **Medication**

### ***Herbal Remedies***

- Drink a ¼ cup aloe vera juice on an empty stomach, first thing in the morning and last thing at night.
- Boil the following in 200ml of water until 100ml remain: ½ tsp fennel seeds, ½ tsp fenugreek powder, about 10 mint leaves, small piece of fresh ginger, and ½ tsp of aniseed. Strain and mix with honey. Drink three to four times per day.

## **Tibb Medication**

**Gastrone tablets** – This product assists in the management of dyspepsia, indigestion, flatulence, abdominal distention and burping. Gastrone exerts calming, antispasmodic and anti-flatulent activities and aids digestion. Gastrone tablets are associated with qualities of **Heat** with dryness. The effect is to facilitate the movement of gas in the digestive tract and relieve abdominal spasms and colic.

**Laxotabs tablets** - This product helps to soften the stool and enhance intestinal movement, so correcting constipation. Laxotabs are associated with qualities of **Moistness** with heat.

**Livotibb tablets or syrup** - This herbal medicine stimulates the liver, so making the body's metabolism more efficient. Livotibb is linked to qualities of **Moistness** with heat, which stimulates metabolism.

**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

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

## COLD & MOIST FOODS

<b>MEATS</b>	Duck, rabbit
<b>VEGETABLES</b>	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,
<b>FRUITS</b>	Apricot, cranberries, figs, kiwi fruit, litchis, melons, mulberries, paw-paw, pears, pineapple, prickly pears, quince, spanspek, watermelon
<b>NUTS</b>	Macadamia nuts
<b>GRAINS &amp; SEEDS</b>	Cucumber seeds, melon seeds, pumpkin seeds, rice cakes, rice, sago, semolina, watermelon seeds, linseed
<b>DAIRY PRODUCTS</b>	Coconut milk, cows milk, goats milk, buttermilk, butter, rice milk, soya milk, Butter, margarine
<b>OILS</b>	
<b>SPICES, HERBS &amp; SEASONING</b>	Cardamom, coriander, cumin, vanilla
<b>BEVERAGES</b>	Glucose, sugar cane juice, milk shakes, ice-cream, water, rooibos
<b>SWEETENERS</b>	Fructose, glucose, rose syrup
<b>CONDIMENTS &amp; SPREADS</b>	
<b>CONFECTIONARY &amp; DESSERTS</b>	Custard, ice cream, rose syrup, sago
<b>CEREALS</b>	Pronutro, rice crispies

## HOT & DRY FOODS

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

## HOT & MOIST FOODS

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