

What is Indigestion?

Indigestion, also known as dyspepsia, is used to describe the feeling of discomfort or pain in the upper abdomen, often presenting with heartburn

Common symptoms of Indigestion

Nausea

A feeling of discomfort in the stomach, often coupled with the urge to vomit.

Epigastric pain

A mild to severe pain in the upper abdomen which can feel like a burning sensation or dull ache.

Early satiety

Feeling full quickly after eating only a small amount of food, and being unable to finish a meal.

Causes of Indigestion

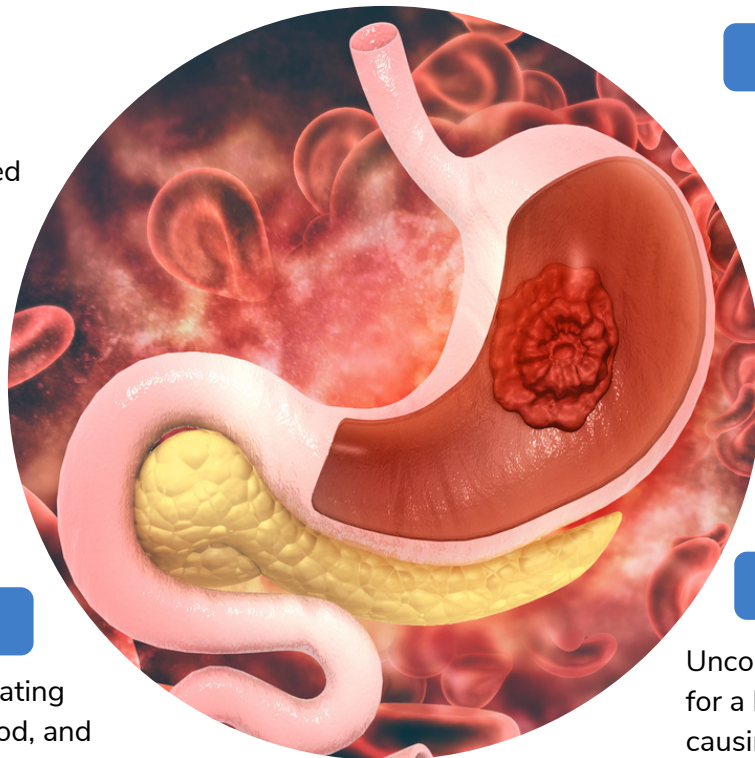
Indigestion can be caused by a variety of diet and lifestyle factors

- **Eating Habits:** Overeating or eating too quickly.
- **Digestive disorders:** Existing or underlying conditions like gastro-oesophageal reflux disease (GERD), peptic ulcers, gallstones, or gastritis may result in increased symptoms of indigestion.
- **Certain foods or intolerances:** Intolerance to specific foods, such as lactose or gluten. High consumption of certain fatty, greasy and spicy foods, and/or excessive consumption of alcohol, caffeine and carbonated beverages can cause irritation and trigger symptoms of indigestion and /or heartburn.
- **Lifestyle habits:** smoking, chronic stress and anxiety.

Diet & Nutrition

Diet and Lifestyle support for Indigestion

Indigestion can be effectively managed through nutritional and lifestyle. These may include reducing consumption of trigger foods, maintaining a balanced diet, and practicing stress management techniques. BANT nutrition practitioners assess and identify potential nutritional imbalances to understand how these may be contributing to an individual's symptoms and health issues. While there isn't a one-size-fits-all solution for indigestion, personalised dietary and lifestyle suggestions can significantly reduce the frequency, severity, and occurrence of symptoms.



Upper abdominal bloating

Upper abdominal bloating can cause a sensation of tightness and discomfort in the upper part of the stomach.

Heartburn

A burning sensation in the chest, which may occur when stomach acid flows back into the oesophagus.

Uncomfortable fullness

Uncomfortable fullness that persists for a long time after finishing eating causing discomfort.

