

HEALTH TIPS

FEBRUARY - GETTING RID OF INDIGESTION

Whenever they see delicious CNY foods, many people cannot stop themselves from eating too much. However, most CNY foods are high in oil content, which make people hard to digest, leading them to suffer from gastrointestinal problems such as indigestion and stomach upset. Besides taking medication, discomfort from overeating can be solved through one's diet. In this month's health tips, let's learn how to tackle indigestion.

Intake 1 to 2 Semi-Liquid Meals

During CNY, it is normal to dine out more often than usual. In addition, the foods that we eat are usually less healthy and the amount of them is much greater. Therefore, after a big meal, it is important to eat light the next day. Congee and oatmeal are good foods for easy digestion. This reduces the heavy workload of stomach, relieving the stress on digestive system. Furthermore, a couple of low-calorie meals help balancing the excess energy intake from heavy meals.



Consume more high-fiber foods

High fiber foods not only refer to vegetables, but also fruits especially pineapple and papaya. It is because of a natural enzyme, which is used for digesting protein and starch, in these fruits. Moreover, the dietary fiber in fruits and vegetables stimulates peristalsis, increasing the removal of toxins and waste materials within the body. Plus, the fiber is good for balancing blood lipid and cholesterol level.

Drink more water or tea

Water can dilute the sodium and uric acid levels of body fluid. Through urination, toxins can be excreted effectively. Thus, water helps with indigestion. When replenishing liquid, you can drink an extra 2-3 cups of black tea such as pu'er. Due to the full fermentation of black tea, by consuming black tea, one can elevate stomach acid secretion, relieving the discomfort from bloating and overeating.



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