

SUNDAY MORNING HEALTH CORNER

The Importance of Digestive Health

Gastroparesis is a disease in which the stomach cannot empty itself of food in a typical fashion. Symptoms occur during or after a meal, and the stomach empties too slowly. It is a GI motility disorder, which causes partial paralysis of the stomach.

Signs include **heartburn, nausea, vomiting, and feeling full quickly when eating.** The prevalence of some GI disorders varies with race and ethnicity.

What are some symptoms of gastroparesis?

- Heartburn or gastroesophageal reflux (backup of stomach contents into the esophagus).
- Abdominal bloating (enlargement).
- Chronic abdominal pain.
- Poor appetite and weight loss.

How to manage gastroparesis



Dietary Changes: Dietary modifications are at the core of any management strategy for gastroparesis.



Integrative Therapy: Ginger is a natural herb and conveniently contains properties that help with gastrointestinal mobility.



Stress Management: Employing mindfulness, breathwork, and meditation can aid in the reduction of stress.



Medicines: Your doctor may prescribe medications that help the muscles in the wall of your stomach work better.



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