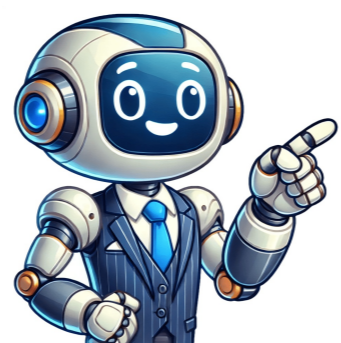


Click to verify



























chronic bloating and distension, as the reaction of the diaphragm and abdominal wall muscles to pressure from gas is the opposite of what it should be. Evidence also suggests that bloating may especially be a problem for people who have other digestive issues in addition to IBS. This includes: People who have IBS-C are more likely to have bloating and distension if it takes longer for digested material to travel through the colon. Bloating has a negative impact on quality of life. In surveys, it runs neck-and-neck with abdominal pain as the most severe symptom of IBS. In one survey, a quarter of people with IBS-C ranked it as their most bothersome symptom. Bloating is a notoriously difficult symptom to treat. However, you do have several options to explore to get rid of bloating. IBS is different for everyone, so expect to do a lot of experimentation before finding what works best for you. Try not to get frustrated when your experience doesn't match that of other people with this condition. No treatments are definitively proven to improve IBS bloating. Common drugs that doctors may recommend include: Antispasmodic drugs, including Menoclyl (otilonium) and dicyclomine, may help calm spasms in the intestinal walls that can trap gas Antidepressants to help correct the brain-gut dysfunction, including tricyclics (TCAs) and selective serotonin reuptake inhibitors (SSRIs) Prosecretory drugs, a kind of prescription laxative, including Linzess (linaclotide) and Trulance (plecantide) Viberzi/Truberzi (eluxadoline), which alters the activity of certain cell receptors in the nervous system and improves symptoms of IBS-D Serotonergic agents such as Lotronex (alosetron), as the hormone/neurotransmitter serotonin is involved in digestive motility, sensation, and secretion Antibiotics, which may be helpful for those with SIBO, including Xifaxan (rifaximin) and claritromycin Bulk laxatives, available over-the-counter (OTC), to help you expel gas and feces Gas-X (simethicone), an OTC medication that can help you eliminate gas While medications may help, they may not alleviate all of your symptoms. Many people with IBS include other types of treatments in their regimen, including: Dietary changes, especially a low-FODMAP diet or elimination of trigger foods Probiotic or prebiotic supplements, which may help balance gut bacteria Peppermint oil, which is a natural antispasmodic (see warning below) Psychological therapies including cognitive behavioral therapy, relaxation therapy, and hypnotherapy Exercise and physical fitness, which studies show may help ease symptoms Peppermint oil is soothing to the muscle cells that line much of your GI tract, which can ease IBS symptoms. However, it can also relax the sphincter between your stomach and esophagus, which often leads to heartburn and reflux. To avoid this, be sure to take peppermint oil capsules that are enteric-coated, as the coating won't dissolve until it reaches your intestines. While they've received less scientific attention than other types of treatments, some evidence supports the use of mind-body treatments for IBS. Frequently Asked Questions Treat constipation. Laxatives and stool softeners are commonly used. In particular, polyethylene glycol (PEG) is often recommended for people with IBS-C. It works to retain water in the stools, softening them. This helps increase bowel movements. While every person with IBS is different, foods that commonly cause bloating and stomach irritation in people with IBS include:CaffeineCarbonated beveragesCertain fruits that are high in fructose, including apples and pearsDairy products, including milk, cheese, and ice creamHigh fructose corn syrup, which is common in soft drinks and candySugar-free gum and candy made with sugar alcohols, such as sorbitol and xylitol Bloating is one of the symptoms of IBS. It can be painful and uncomfortable, but what causes it? And what can you do to alleviate the symptoms? Find out more here. What is bloating? Bloating is a sensation of increased abdominal pressure. Many people with IBS, but not all, experience bloating. You may experience stomach pain, a feeling of fullness, a stretched stomach and pain. Bloating is caused by increases in abdominal content. For example, you may experience symptoms after a big meal, or when you are constipated. It can also be caused by liquid and gas. Bloating is only one of a number of symptoms that may be caused by intestinal gas. For about 50% of people with IBS, bloating is not accompanied by any increase in abdominal content and may instead be due to increases in intestinal sensitivity. You suffers from bloating? Anyone can suffer from bloating. More women suffer from it than men and the problem tends to be more common in people who are overweight or obese. Many people say that their symptoms are worse in the evening. Why do people with IBS experience bloating? This is because people with IBS have very sensitive stomachs. Even small amounts of food or drink or volumes of gas that might be considered normal can cause a problem for people with the condition. Sensitive stomach and bloating For people with IBS the bloating is usually not linked to excess wind, but is caused because of the erratic propulsion of contents through the bowel. The sensation of abdominal fullness can cause the lower diaphragm to contract which relaxes the abdominals, which causes the abdomen to protrude. This may be greater if the abdominal content is increased by a meal or towards the end of the day when people are more tired. The increase in sensitivity may also be related to emotional tension as well as abdominal content. So, when it comes to bloating, mood is very much linked with food. Food and bloating Many fruits, vegetables and cereals contain sugars and starches that are not completely absorbed, but are fermented in the colon releasing gas, which can cause bloating. Bugs and bloating The quantity of gas generated depends on the amount and type of unabsorbed carbohydrate consumed and the populations of bacteria growing in the colon. There is not always a clear relationship between gas generation and symptom production. It depends on intestinal sensitivity. How can you relieve bloating? Bloating is uncomfortable but there are things you can try to help relieve your symptoms. Keep a wellness diary This is a 12-week mood and food diary where you record what you are eating, how you are feeling (mood) and your IBS symptoms. Over the 12-weeks you can then use the diary to identify any food and mood triggers. The diary is designed to help you better understand your IBS. Try peppermint oil capsules Antispasmodic drugs may help reduce the spasms that cause gas to become trapped in the bowel. Peppermint oil capsules such as Colpermin and Mintec may help relieve abdominal pain and bloating. Laxatives Laxatives work for some people with IBS bloating symptoms by encouraging the expulsion of faeces and gas. Try relaxation, hypnotherapy or meditation Stress and anxiety can make IBS worse so try introducing regular relaxation, hypnotherapy or meditation into your routine. This can help to decrease the sensitivity and spasm in your bowel. The low FODMAP diet If you have cut out caffeine, carbonated drinks and followed all the other recommendations and are still experiencing bloating your doctor may consider the low FODMAP diet. We recommend that the diet is only undertaken under the supervision of a registered dietitian. FODMAPs are fermentable oligosaccharides, disaccharides, monosaccharides and polyols, which are more commonly known as carbohydrates. They are a collection of poorly absorbed simple and complex sugars that are found in a variety of fruits and vegetables and also in milk and wheat. The low FODMAP diet cuts out certain carbohydrates for a period of time and then reintroduces them. More information on bloating and how to relieve symptoms is available in the IBS Network members' community. Most people who have experienced gut discomfort sometimes, but how do you know if you have a specific condition, such as irritable bowel syndrome? Statistics show that about 10% to 15% of Americans have IBS, and almost twice as many are women as opposed to men. So if you find yourself needing to run to the restroom more often than you want, or you feel pain when you "go," it could be IBS. So, what exactly is IBS? No one knows what causes it, but it's a large intestine issue that results in abdominal pain, cramping, bloating and bowel movement changes. IBS can be painful and frustrating to live with, but the good news is that it doesn't cause any harm to your body. And more good news: Many people find relief from IBS symptoms by making dietary changes and focusing on stress management. Brisas Truncali, M.D., a gastroenterologist in Farmington, Connecticut, says, "IBS is a gastrointestinal disorder of gut-brain interaction that can cause significant symptoms and negatively impact the quality of life. It's a complex interplay between our mind, GI tract and the associated neurohormones and microbiome (GI tract bacteria/fungi)." She says that to be diagnosed with IBS, patients usually have symptoms at least once per week for three months or more. Additionally, Tami Best, RD, a registered dietitian with Top Nutrition Coaching, says, "Your doctor will diagnose you with irritable bowel syndrome, generally after ruling out other causes of symptoms you may be experiencing." There are several symptoms of IBS, and everyone can experience different ones. Yet, some of the most common IBS symptoms include the following. If your gut feels achy or crampy but improves after a bowel movement, it could be IBS. Other types of IBS-related abdominal pain can be described as gas-like, sharp or dull pain. While everyone has gas pains or an ache here and there, the key here is that the pain is related to bowel movements. Truncali says, "Symptoms often include abdominal pain, with associated change in bowel habits, such as diarrhea or constipation. Pain most often gets better after a bowel movement is passed." Jonathan Scott, D.O., a gastroenterologist in Denver, says, "Patients also often describe pain, bloating and increased flatulence as part of their symptoms." Bloating is also called distension; it feels like your midsection is full, tight or swollen. While passing gas is a normal body function that everyone does, if it feels like it's too frequent—and especially if you experience other gut symptoms, it's likely IBS. Along with abdominal pain, a change in bowel habits is the hallmark of IBS. However, not everyone experiences the same changes. Some people feel an urgency to rush to the restroom. Others may experience an incomplete evacuation—feeling like they need to go but can't. And others may feel that stool is difficult to pass or see a clear or white mucus with their poop. Research has found that patients who live with IBS often have nausea and gastroesophageal reflux disease (GERD), the more severe form of heartburn. Luckily, many people alleviate their heartburn and nausea through dietary changes. Some people with IBS tend to experience constipation, and others have frequent diarrhea. But some people go back and forth between the two. While having either of these occasionally is normal, folks with a healthy gut don't experience either too often. If you do, it's time to talk to your health care provider about this so they can help you identify if it's IBS. "These symptoms, while not life-threatening, can cause significant infirmity to the patients that experience it," says Scott. If your symptoms worsen during times of stress or after eating certain foods, it might be IBS. "Signs that you might have IBS are that you experience pain associated with a change in bowel habits when stressed or when eating certain foods/drinks. The pain from IBS most often improves after the bowel movement has passed," says Truncali. During your period, you may experience digestive symptoms such as abdominal pain and bloating. Additionally, people with premenstrual syndrome (PMS) can experience constipation or diarrhea. If you feel like your gut issues feel more intense during this time, it could be another IBS symptom. Doctors usually break IBS down into four major subtypes. Some patients tend to have constipation, others diarrhea, and still others experience both. IBS can be difficult to classify because, understandably, people try to improve symptoms by changing their diet or trying medications, which makes it more challenging to categorize the subtype correctly. The main four subtypes of IBS include: IBS-C: IBS with constipationIBS-D: IBS with diarrheaIBS-M: IBS with mixed symptoms, both constipation and diarrheaIBS-U: Called unclassified, this means you have IBS but don't fit the descriptions of the other types Triggers and symptoms differ for everyone, but there are a few hard-and-fast rules. "IBS flares can be caused by a diverse group of things. While every person has their own set of triggers, there are a few common inciting triggers for IBS flares. Low-fiber foods, GI infections and strong emotional stressors have all been associated with worsening IBS symptoms," says Scott. Stress doesn't cause IBS, but it certainly triggers it. "Creating the conditions for individuals to successfully manage stress is necessary for long-term management and alleviation of IBS symptoms. There is a bidirectional pathway that exists between the gut and the brain," says Best. Studies show that stress can lead to changes in the gut microbiome, a condition called dysbiosis. Stress also leads to low-grade inflammation in your gut lining, increasing your IBS symptoms. Another trigger? Some types of food. "One category of foods that seem to make IBS worse are fermentable carbohydrates. Collectively, they are known as FODMAPs: Fermentable, Oligosaccharides, Disaccharides, Monosaccharides and Polyols. There are many foods that are high in FODMAPs," adds Best. FODMAPs are carbs that are a little more difficult to digest, so reducing the amount of high-FODMAP foods in your diet may be helpful. High-FODMAP foods include: Fruit: Apples, apricots, blackberries, mango, nectarines, pears, watermelon, cherries and plumsVegetables: Onions, cauliflower, garlic, mushrooms, lentils, asparagus, artichokes, cabbage, beans and sugar snap or snow peasDairy: Milk, yogurt, custard, ice cream, soft cheesesSweet foods: Honey, high-fructose corn syrup, candy, gum and sweeteners ending with "-ol" such as xylitol, maltitol, mannitol and sorbitolGrains: Wheat and rye products Trying a low-FODMAP diet may be helpful, but Scott recommends against trying it on your own. "The FODMAP diet has been shown to have particular benefits for many patients and could be considered if you know you are having symptoms of IBS. This diet, however, is not a permanent solution and should be done under the care of a dietitian or health care provider to ensure consistent long-term benefits," notes Scott. He also recommends the Mediterranean diet and a high-fiber diet. The Mediterranean diet encourages you to eat foods that are packed with anti-inflammatory benefits and antioxidants that help support your gut health. Fiber, specifically soluble fiber, helps make stool softer and easier to pass. Best also recommends asking for help. "Because IBS is so individualized, a gastrointestinal dietitian can work with you on an elimination protocol to determine which FODMAP foods trigger your IBS symptoms. The dietitian will help you to follow a three- to six-week elimination protocol. They will then work with you to reintroduce or challenge one FODMAP group at a time to determine a short list of foods that aggravate IBS symptoms," adds Best. Ease your tummy troubles with foods that Best recommends. "Foods that can be soothing to IBS symptoms are peppermint and fennel. These can be enjoyed in an herbal tea to soothe frustrating symptoms," she says. Other foods that are great for managing IBS include salmon, bell peppers, eggs, avocado and more. For a fresh meal using fennel, try our Fennel, Radish & Cucumber Salad. And this Sheet-Pan Roasted Salmon & Vegetables makes a delicious and quick low-FODMAP meal. IBS can be frustrating to live with and, in some cases, interfere with your quality of life. If you wonder if you have IBS, reaching out to a gastroenterologist, a registered dietitian or your primary health care provider is a good first step. Stress management and a few dietary changes can make a big difference and help you feel better. Frequently Asked Questions "There is no true "cure" as of now, but there are a lot of things that can help improve or minimize symptoms. This can include avoiding certain foods, stress/anxiety management and treatment, cognitive behavioral therapy and targeted medication treatment," says Truncali. Stomach pain and a cramping feeling are often the first signs of IBS. "Pain most often gets better after a bowel movement is passed," notes Truncali. "Symptoms during a flare can last as short as a few minutes or as long as a few hours, depending on the person," says Scott. What triggers IBS symptoms may differ from person to person. However, foods high in FODMAPs are known to increase IBS flare-ups. These include certain fruits and vegetables, dairy products, wheat products and sugar alcohols, to name a few. IBS (irritable bowel syndrome) is a common condition that affects the digestive system. It can cause stomach cramps, bloating and diarrhea. It's usually a lifelong condition but lifestyle changes and medicine can help. CausesTreatmentGetting medical helpSummaryIBS bloating results from the buildup of excess gas in the intestines, possibly due to an imbalance in your gut microbiome. Remedies can range from simple lifestyle modifications to medications.Uncomfortable bloating is one of the main symptoms of irritable bowel syndrome (IBS). You may also have abdominal pain, gas, diarrhea, and constipation. All of these symptoms may be frustrating, but bloating can be especially unpleasant. Your distended intestinal wall can also trigger pain receptors in your abdomen, adding to the discomfort.It can sometimes occur as a side effect of your IBS treatment. However, there are several steps you can take to both treat and prevent bloating from IBS.Although IBS is one of the most commonly diagnosed gastrointestinal disorders, its exact cause is unknown. It tends to cause constipation in some people, however. The longer the stool stays in your colon, the more time bacteria have to ferment, ultimately causing excess gas and bloating.The excess gas causing IBS bloating may result from an imbalance of your gut microbiome — beneficial bacteria that live in your intestines and help you digest food and build immunity.This imbalance can occur due to:You can use both medications, home remedies, and lifestyle changes to help you relieve IBS bloating.Several products on the market claim to reduce bloating and either decrease or prevent excess gas production from the digestion of certain foods. These products typically contain simethicone, activated charcoal, or alpha-galactosidase. They might be effective in some people for treating mild signs and symptoms but are typically not the most effective option. For more severe cases of IBS, you will need to make lifestyle modifications to treat the condition. There are many foods you may be eating that contribute to bloating. The most successful way to eliminate your bloated feeling — and the gas that is often associated with it — is with prevention through your diet.One top offender is dietary fiber. Foods that are high in fiber, such as beans, whole grains, and vegetables, can make you gassy. Increasing your fiber intake can help treat other symptoms of IBS, but it can also cause bloating and gas when consumed in large amounts or in amounts to which your body is not accustomed.You can try increasing your dietary fiber slowly to allow your digestive system to get used to it, or you can try fiber supplements. Supplements may not cause as much of negative symptoms as high-fiber foods. Just be sure to take them with plenty of water. Fiber with psyllium (called soluble fiber) may be more helpful than fiber with bran (called insoluble fiber) for this symptom in people living with IBS.Most people experience some bloating and gas from artificial sweeteners, such as fructose and sorbitol. Avoid artificially sweetened foods and carbonated drinks, which may also increase the gas in your intestines.Probiotics are bacteria that are consumed as supplements or fermented foods and are believed to improve health. In the gut, these probiotics are believed to help restore the balance of "good," healthy microflora. The balance between the different bacteria in your gut can affect IBS and its symptoms. Consuming probiotics may help relieve bloating associated with IBS, but more research is needed to determine its effects. Try a probiotic supplement or yogurt with live, active cultures. Discuss with your doctor the amount that you should aim for each day.Although the exact causes of IBS aren't fully understood, experts believe that SIBO may be one of several factors contributing to the condition. Antibiotics may help to eliminate certain bacteria and relieve symptoms like gas and bloating. Peppermint oil has long been used to soothe upset stomachs, and you may find at least some temporary relief with it. Try a hot cup of peppermint tea, which is known to relax the smooth muscles of your intestines. However, be aware that it may also cause heartburn. You may want to speak with a doctor before trying an herbal supplement.If you've received an IBS diagnosis, see your doctor if you experience any new or uncomfortable symptoms or if the condition is impacting the quality of your day-to-day life. If you are experiencing bloating and are concerned it is due to IBS, it's suggested to contact a medical professional for a proper diagnosis. They can evaluate your symptoms and signs, determine the underlying cause and come up with a treatment plan for bloating and its underlying cause.Bloating is a common symptom of IBS. If you're living with this condition, there are ways to get relief and help you feel more comfortable. These remedies may be natural or pharmaceutical, so speak to your doctor to determine the right strategy for you.Healthline has strict sourcing guidelines and relies on peer-reviewed studies, academic research institutions, and medical journals and associations. We only use quality, credible sources to ensure content accuracy and integrity. You can learn more about how we ensure our content is accurate and current by reading our editorial policy.Chey WD, et al. (2022). AGA clinical practice update on the role of diet in irritable bowel syndrome: Expert review. 21(04)0484-1/fulltext?referrer=https%3A%2Fpubmed.ncbi.nlm.nih.gov%2FEI1Sallyh M, et al. (2021). The role of diet in the pathophysiology and management of irritable bowel syndrome. LS, et al. (2022). Probiotics in irritable bowel syndrome: A review of their therapeutic role. B, et al. (2023). AGA clinical practice update on evaluation and management of belching, abdominal bloating, and distention: Expert review. 23(00)0823-5/fulltext 23(00)0823-5/fulltextOzair A, et al. (2021). Antibiotics for treatment of irritable bowel syndrome in adults. N, et al. Irritable bowel syndrome. (2025). DV, et al. (2022). Impact of antibiotics on the human microbiome and consequences for host health. Wm, et al. (2020). Small intestinal bacterial overgrowth and irritable bowel syndrome - An update. The feeling of being bloated is another nasty symptom commonly associated with Irritable Bowel Syndrome (IBS). This most normally occurs in the lower, large intestine. Bloating is a result of trapped gas (usually because excess has been produced) distending the wall of the intestine which triggers pain receptors. This results in an expanding waist line and unfortunately, often, flatulence to go with it. Why does IBS cause bloating? The exact cause for bloating in IBS is not always clear. However there are some possible explanations. If food arrives in the large intestine having been poorly digested, for example because of a food intolerance, naturally occurring bacteria in the large intestine begins a process called fermentation, which produces gas. Fermentation naturally occurs in the bowels as our diet contains certain indigestible elements known as dietary fibre. However, if food appears at the large intestine that should have been digested beforehand (suggesting some dysfunction higher up in the digestive tract) excess gas may be produced as a result. The bowel is likely to become irritated with the presence of excessive undigested food and populations of bacteria feasting on it. Leading on from this, research has suggested that people suffering from IBS may actually have different populations of bacteria residing in their gut. The intestines, in particular the large intestine, contain thousands of different strains of bacteria which vary from person to person. It is possible that 'bad' strains give rise to undesirable symptoms, a lot of which are associated with IBS, such as bloating and flatulence. For severe or recurrent bloating please refer to your doctor as there may be a more serious reason for distension of the abdomen. Kassinen, A. et al (2007) The fecal microbiota of irritable bowel syndrome patients differs significantly from that of healthy subjects. Gastroenterology 133(1):24-33 What can I try at home for bloating? There are a few easy things you can try at home to keep the bloating in check: Chew your food: If your body is struggling to digest certain foods then help it out by consciously breaking down the food as much as possible. The larger the surface area of food fragments, the more likely it is to be effectively attacked by digestive enzymes. In your mouth there is an enzyme called salivary amylase which begins the breakdown of carbohydrates very early in the digestion process. Read our blog on the importance of chewing produced by our expert in digestion Keep a food diary: If you feel that eating certain food groups (for example, gluten and dairy are common culprits) leads to digestive issues, write these down. You can slowly start cutting out and reintroducing foods groups one at a time to try and determine where the problem lies. In addition to this, try to cut out any obvious foods or drink that add gas directly, such as fizzy drinks Exercise: Exercising gets your blood and muscles pumping and with any luck, allowing any trapped gas to become dislodged. It also encourages more rhythmic contractions of the intestines allowing for some regularity to return. How can natural remedies help me? There are some herbal remedies can which can help keep bloating under control. Digestisan: Digestisan supports the earlier stages of digestion, allowing food to travel into the large intestine in a more appropriate state. Silicol gel: Silicol, containing Silicic acid, a substance produced from silicon and oxygen, may help with bloating in IBS. Silicic acid is able to bind toxic or harmful substances in the gut and excrete them. How can my doctor help? If home and herbal remedies fail a trip to your doctor or pharmacist for your bloating may be required; they may be able to eliminate other causes of the symptom and advise you on other ways of obtaining relief. These patients go to their GP with altered bowel habits and pain. There is a family history of IBD in 10% of these cases. In addition to bowel symptoms, patients can have chronic mouth ulceration and weight loss. Tests for IBD include: 1) Blood tests to rule out anaemia (full blood count) and inflammation (CRP level). 2) Faecal tests of inflammation: the calprotectin test. This usually registers a level above 250 in cases of IBD; and if the reading is under 50 in a patient under 50 years old, it means that there is a 99% plus chance of IBS and not IBD. In cases where the calprotectin is over 50 but under 250, this might represent a recent bowel infection or reaction to a food or drug and the GP is advised to repeat it to see if it goes down. 2) Bowel cancer This is uncommon but not unheard of in younger patients. Constant pain and bloating can be a feature, as obviously is weight loss. These are uncommon symptoms in IBS. The calprotectin test can be very raised in bowel cancer. In addition, the GP might choose to test the stools for hidden bleeding with a new test called the FIT test, which is used as a standard test to screen for bowel polyps and cancer in the over-60 age group. Blood tests will reveal anaemia from internal bleeding. 3) Coeliac disease This is a common condition, affecting 1% of the population, and results from an immune reaction to gluten, the protein found in wheat, rye and barley. It is found in 3-10% of patients who visit their GP with suspected IBS, with an increased risk of 10% in those with a parent/child or brother/sister already diagnosed with coeliac disease. The symptoms can be very variable but include changed bowel habits, bloating, pain and lethargy. Some people also experience weight loss, nausea, hair loss, headaches, mouth ulcers and tingling and numbness in their hands and feet. Fortunately, there is a very sensitive blood test for coeliac disease, the TTG antibody test, which is over 95% accurate. 4) Ovarian cancer In cases of chronic bloating, GPs are advised to arrange an ultrasound scan and a blood test aimed to detect ovarian cancer. This is, fortunately, very rare and we have never seen a missed case in our Gastroenterology clinics here at Frimley Health. 5) Endometriosis This condition can be very painful, but less commonly affects the bowel habit and does not cause much bloating. Clues are severe worsening during periods. Abdominal bloating is a health condition in which the upper abdomen is gaseous, may be visibly swollen or distended, and feels uncomfortably full. It's a common complaint among both children and adults, and the symptoms can be difficult to live with. Moreover, it can also be accompanied by burping or belching, pain, excessive gas or flatulence,swallowing of air, and abdominal rumbling. What Causes Upper Abdominal Bloating? 1. Gas-Inducing Foods When eating, food is digested in the stomach and enters the small intestines where the enzymes break down the proteins, sugars, carbohydrates and sugars for energy. Gas-inducing foods are more difficult to digest, and can cause gas to build up during the digestive process. The amount of gas that different foods cause may vary from person to person and some examples of gas-producing foods are fried and fatty foods, vegetables such as broccoli, and Brussel sprouts, beans, some fruits, eggs, breads and carbonated or alcoholic drinks. 2. Irritable Bowel Syndrome A common disorder called irritable bowel syndrome (IBS), affects the large intestine causing upper abdominal bloating and pain. Symptoms can also include diarrhea or constipation, and the condition affects more women than men. Irritable bowel syndrome may also be associated with depression, stress, anxiety, or a previous intestinal infection. The treatment for IBS could include anti-diarrhea medications, fiber supplements, pain medication, and dietary restrictions on gas producing foods. 3. Celiac Disease Celiac disease is caused by inflammation of the lining of the small intestine that inhibits the body's ability to digest gluten. Celiac disease sometimes causes people to become malnourished, despite eating what is otherwise a healthy diet. Although the cause of this disease is unknown, the condition is often hereditary. Symptoms of celiacdisease include indigestion, diarrhea or constipation, nausea, vomiting, abdominal pain and bloating. This disease may also include unexplained weight loss, and foul-smelling stools. Treatment includes a dietary restriction of gluten free foods, and studies have shown that breastfeeding may play a role protecting against the disease. 4. Lactose Intolerance Lactase deficiency is the lack of the enzyme lactase in the small intestine, and lactase is needed to digest lactose, a sugar found in dairy products. If you are lactose intolerant, your body is unable to fully digest the sugar in most dairy products. For people who are lactose intolerant the effects are normally harmless, but its symptoms can include uncomfortable gas, diarrhea, upper abdominal bloating, and abdominal pain after eating or drinking dairy products. Treatment for lactose intolerance might include a dietary restriction and synthetic lactase supplements. 5. Heartburn Heartburn is a common affliction for most people and is very common in pregnant women. Symptoms include a burning sensation and discomfort that moves up from your stomach to the middle of your abdomen and into your throat. Other symptoms could include nausea, bloating, belching, and a sour taste in the mouththat may be triggered by lying down within three hours after a meal. Treatment includes prescription and over-the-counter antacid medications used to neutralize stomach acid, or proton pump inhibitors to reduce the stomach's production of acid. If all else fails, surgery may be required to repair the lower esophageal sphincter. 6. Dyspepsia Dyspepsia more accurately describes a group of symptoms rather than one predominant symptom, and many people will experience some symptoms of this disorder at some point in their lifetime. Symptoms include abdominal bloating and pain, feeling uncomfortably full, heartburn, a loss of appetite, regurgitation, burping, and nausea. This disorder is often associated with other stomach and intestinal disorders and can be aggravated by caffeine, alcohol, or medicines such as aspirin. Treatment includes a change in diet, and eating smaller amounts of food more often during the day. 7. Pancreatic Cancer Pancreatic cancer is a disease in which malignant cells form in the tissues of the pancreas. The pancreas produces hormones and digestive juices that regulate blood sugar, and pancreatic cancer symptoms include jaundice, upper abdominal bloating and pain that radiates to the back, poor appetite, and rapid weight loss. Although there are various treatments for pancreatic cancer, such as surgery, chemotherapy, and radiation, only about 20% of people diagnosed with the disease are expected to live more than a year. 8. Stomach Cancer When cancer cells or polyps form in the inner lining of your stomach, and these cells grow into tumors, it is called stomach cancer. The cancer is usually asymptomatic early on, and usually grows slowly over many years. Symptoms may begin as heartburn, trouble swallowing, indigestion, constipation or diarrhea, nausea, abdominal bloating and pain. As the cancer progresses, more serious symptoms may include jaundice, bloody stools, vomiting, and rapid weight loss. Although risk factors include ulcers from an H. pylori infection, treatment can include surgery, chemotherapy, and radiation. What Can Be Done? Over-the-counter medications or a prescription from your doctor might help. Look for a medication containing alpha-D-galactosidase. It has an enzyme that breaks down indigestible sugars in vegetables and beans. Tablets or capsules containing simethicone can also help alleviate symptoms of upper abdominal bloating. If you're a tobacco user, it's a good reason to quit because it has been linked to heartburn, bloating, and other digestive problems. Fortunately, bloating is a very common affliction, and most people can find a remedy at the pharmacy. Other measures, such as a change in diet, the frequency and times between meals and a change in habits are all you'll need to do to avoid bloating. When to Worry Usually, temporary bloating is very common and nothing to worry about. However, if the condition persists on a regular basis, or bathroom problems are a constant battle, there might be more serious medical conditions causing your discomfort, so you'll need to consult your physician. There could be a physical obstruction in the stomach or small intestines, and if diagnosed by your health care provider, may need to be surgically corrected. Many people already know that gas-inducing foods can cause gas, but what most people don't suspect is an underlying chronic disease or cancer that could also be the cause.