

5 absolute things should not be done after eating

So what to do after a meal? Within at least 30 minutes after eating, you absolutely should not do 5 things below to protect your health!

In today's modern society, many of us often feel lack of time to work but that does not affect **daily living habits**. We often have a habit of smoking cigarettes, drinking a cup of tea, doing a sleep after a meal or taking a bath, you may not know that these are **very harmful habits for your health**. When you experience digestive problems, you realize that protecting your digestive system is extremely important because it greatly affects the quality of life and your current job.

So what to do after a meal? Within at least 30 minutes after eating, you absolutely should not do **5 things** below to protect your health!

Take a shower



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Many people have a habit of taking a bath immediately after eating without knowing that this affects the digestion of food, causing many health problems such as bloating, indigestion and discomfort for a long time. later. After eating rice, the stomach requires a lot of energy and blood flow to serve the digestive system. Now if you take a shower right away, that blood will switch to " *servng* " for body activity, having to carry more blood to the skin of the arms and legs than normal. This can break down the digestive process, slow down the metabolism and slow down the blood flow in the body, so it will not provide enough blood for the digestive system.

Specifically: when bathing in the scrubbing period, the blood vessels expand, the blood will flow more strongly to the limbs, not focusing on the digestive organs and organs, causing the digestive process to be affected. In the long run, this habit will hurt the stomach. For those who have suffered from blood fat, heart disease, high blood pressure, . bathing immediately after eating can cause complications. Therefore, experts recommend that you **wait about 30 minutes after eating** and then take a bath to make food better digested.

Drink tea



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For some of us, drinking a hot cup of tea after eating as an integral part of the meal. However, many scientific studies have shown that this harmless drink affects the body's ability to absorb **iron** from food - an extremely important mineral in the human body. Moreover, drinking tea immediately after eating will dilute the gastric juice, affecting the digestion and absorption of nutrients.

In green tea leaves containing tannic acid, after eating a meal, drinking tea, the undigested stomach has to receive tannic acid from green tea. These two substances combine to form a difficult digestive precipitate, affecting the absorption of protein in the body. Therefore, children, pregnant women and people with iron deficiency should avoid drinking tea after an hour's meal.

Sleep



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Many people often eat late at night and go to bed immediately. This can also happen at noon, because after eating we are often very sleepy. The mysterious story of eating before going to bed is a direct cause of overweight that has long been dismissed. However, it is clear that we should not ignore the remaining effects that can cause the body. Sleep will force the entire body to reduce its operating capacity. Accordingly, the digestive system will not consume all the food, even the food in the gut overnight will be able to infect, harm the stomach and intestines. Sleeping right after eating is not good, because food will not be digested properly and when you wake up you will have a burning sensation in your mouth and throat. This is because digestive fluid enters the esophagus instead of the stomach when you are lying down.

Besides, sleeping while eating is the cause of symptoms such as heartburn, vomiting and high acidity. In addition, experts have shown that regular sleeping right after lunch or dinner increases the risk of stroke. Better yet, you should go to sleep after 2 hours and eat well.

Do exercise



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Health training is good, but experts advise you not to exercise right after a meal. Because the amount of food contained in the stomach can cause discomfort such as hiccups, nausea, and serious consequences that increase the risk of injury and seizures. If you can't wait until you exercise, it's better to walk gently and start exercising at least 2 hours later. By performing strong exercises right after a meal can cause acid reflux, hiccups or nausea.

Smoke



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Many people feel that smoking after meals will be softer. But smoking is always harmful to your health at any time. Smoking increases the risk of cancer and if you have irritable bowel syndrome, stomach ulcers or colitis, you should stay away from tobacco after eating. Smoking only aggravates the problem.

See also: Did you know: Smoking 1 pack of cigarettes a day produces 150 mutations in the lungs

Almost all internal body systems are involved in active digestion. Smoking after a meal makes the harmful substances in cigarettes easier to enter, the nicotine in cigarettes is absorbed twice as often. Because after eating rice, the stomach and intestines contract strongly, blood circulation is faster, smoking now makes the toxin in tobacco penetrate into the blood faster and more than 10 times. At this time, the body's ability to inhale toxic smoke is the highest, thus increasing the level of harm to human health. In addition, scientific research proves that tobacco can prevent absorption of vitamins and minerals, including calcium, vitamin C and vitamin D, reducing the effects of healthy meals.

Of course, it is better to quit smoking. But if you continue to smoke and can't stop smoking after a meal, allow your body to digest food safely for 20 minutes.

See also: How to quit smoking quickly and effectively?

The smoking after eating also reduces bile secretion, proteinases and carbonic acid of the pancreas. In particular, smoking after eating also causes dysfunction of the stomach, a potential risk of gastric ulcers, lung disease, diabetes and cardiovascular disease.

Refer to some more articles:

1. Simple ways to avoid drowsiness after eating
2. 20 golden rules on the dining table that everyone must know
3. 16 things to do on Monday morning of the week to be able to work more effectively

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