

Ways to prevent the stomach from making too loud noises

Bloating or making noises even when not hungry is a common condition for many people. So how to avoid stomach growling? Let's find out with TipsMake.com.!

In a quiet room, at a meeting and you're giving an important speech in front of people, or sitting next to friends, a rumbling stomach is probably one of those moments you don't want the most. However, there is nothing to be ashamed of, this is a normal condition. It can happen due to hunger, slow digestion or consuming certain foods that cause bloating. Believe it or not, you can totally fix this problem.

Take a walk after eating



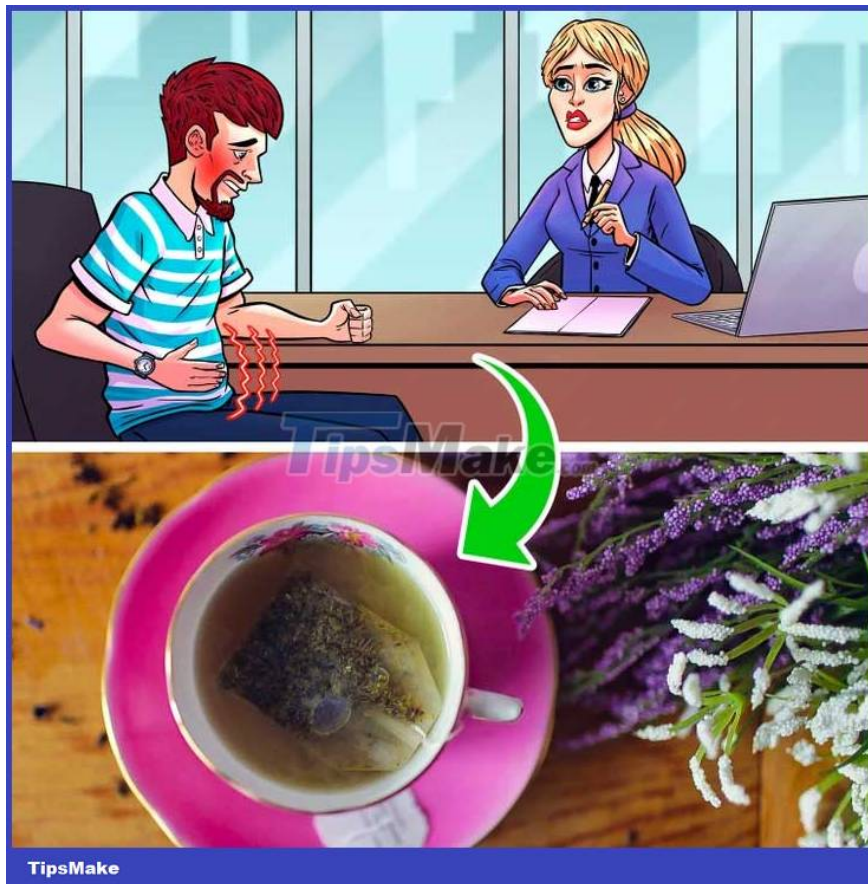
You don't have to walk long distances, just do it during a break at work or after dinner. Just 15 minutes of travel, the digestive system will thank you very much. Walking is an effective physical activity because it makes food pass through the stomach faster. But make sure you do it lightly, as heavy exercise can cause stomach upset.

Drink a lot of water



Water aids digestion, so you can drink it during or after a meal. However, you do not need to drink too much water at one time because a full stomach will make an unpleasant cry. Furthermore, try to drink filtered or bottled water as tap water may contain chlorine. It is not harmful but can cause irritation if your stomach is sensitive.

Try some herbal tea



Herbal tea made from mint, ginger, dandelion root, fennel, and acacia leaves can help with digestion and relax intestinal muscles. Chamomile is great at soothing stomach spasms, ginger relieves bloating, and mint can relieve symptoms of gastrointestinal stress. You can enjoy this tea after a meal or even in the evening, long after you have had dinner.

Eat slower and chew more thoroughly

First, pay attention to the process of eating, because you may be chewing too fast and swallowing air while eating. Too much food in the stomach can cause the stomach to make an annoying noise. Second, try to focus on chewing thoroughly as this action can prevent air from getting inside. Furthermore, make sure each bite you eat isn't too big as large pieces are often harder to digest.

Check to see if your food causes bloating



Things like beans, lentils, peas, corn, pasta, potatoes, asparagus, broccoli, Brussels sprouts, cabbage, brown rice, oatmeal, and whole wheat are often triggers. intestinal gas. But that doesn't mean you need to completely eliminate these products from your diet. You just need to reduce the amount and frequency of eating during the week that is enough.

Other ways to avoid stomach upset

1. Reduce consumption of sugar and fatty foods
2. Eat a little garlic in the morning to reduce gastritis, increase resistance.
3. Regularly eat "digestive-friendly" foods.
4. Have a small snack.
5. Replace green tea with coffee.
6. Learn about your own food intolerance.
7. Practice sports more.

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