

FOODS AND ACTIVITIES TO BEAT THE PAINFUL ABDOMINAL BLOAT

Dr Grace
How do I deal with the bloating I'm experiencing from the festive season?
Cathy

Dear Cathy,
The festive season is over! Everyone has enjoyed what he/she calls delicious meals colouring their plates with variety foods. As a result, many, like you, are experiencing a lot of discomfort in their stomachs. This condition implies that you have eaten more than your stomach can handle or the food mixture wasn't right.

One of the common discomforts people experience is abdominal bloating. Abdominal bloating occurs when the abdomen fills with air or gas. This may cause the area to appear larger or swollen. The abdomen may feel hard or tight to the touch.



It can also cause discomfort and abdominal pain. Causes of abdominal bloating and pain can vary from mild to severe.

Most of the time, abdominal bloating and pain occur due to overeating, gas, stress, indigestion. This kind of bloating or pain is usually normal and will go away within two hours. In cases of the stomach flu, you may feel intense



pain or bloating that comes and goes before each episode of vomiting or diarrhoea.

Additional to that, bloating can also be caused by lactose intolerance, acid reflux, constipation, intestinal obstruction dyspepsia (Indigestion), premenstrual syndrome (PMS), celiac disease/gluten intolerance, hernia, H. pylori infection, irritable bowel syndrome (IBS), ovarian cyst, E. coli infection, gallstones, urinary tract infection (UTI), hookworm infection, stomach cancer (gastric adenocarcinoma), ovarian cancer.

So, if you experience continued bloating in the aftermath of the festive season, visit your doctor because it may be brought about by some of the

causes listed above and may need urgent attention. Here are some tips to give you relief.

- Drink plenty of water or other clear fluids to help reduce abdominal pain and bloating.
- Avoid pain medications such as aspirin, ibuprofen, and other nonsteroidal anti-inflammatory medications until you know your pain isn't due to abdominal conditions such as a gastric ulcer or an intestinal obstruction.
- Avoid solid foods for a few hours in favour of softer, bland foods such as rice.
- Try the following foods: Wheat, onions, garlic, broccoli, cabbage, cauliflower, artichokes, beans, apples, pears, watermelon. They eliminate gases from the stomach.
- Use peppermint oil can also relieve you from bloating pain.
- Relax and avoid sources of stress for a day or two. An upset

stomach can become worse if you experience stress. Recovery is hastened by spending time resting, avoiding strenuous activity and allowing your stomach to digest the food you've eaten. If you regularly drink coffee or caffeinated beverages, reduce or eliminate them from your diet until you feel better. Smoking, too, can make an upset stomach worse, so restrict or avoid smoking until you recover.

Don't forget that eating a lot of vegetables and drinking natural juice will settle your digestive system down.
I wish you a happy new

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BLOODY MARY IS THE MAGIC BULLET TO CURE HANGOVERS



EXOTIC VERSIONS

Bloody Mary cocktail has inspired a long list of more cocktails, notably the Ped Snapper, the Virgin Mary, the Caesar and the Michelada



Ingredients

- 45 ml vodka
- 90 ml tomato juice
- Juice of 1 lemon
- 1/2 teaspoon Worcestershire sauce
- 3 drops hot sauce
- 1 Tsp. Paprika powder
- 1 Tsp. Salt
- A dash of black pepper and salt
- Dill or celery stalk or green onion for garnishing (optional)
- Ice cubes



ROGERS BALAMAGA
SAYS
VODKA AND TOMATO JUICE
ARE TWO VITAL INGREDIENTS
FOR BLOODY MARY



THE BLOODY MARY

PREPARATION

STEP 1: In one glass or shaker, mix Vodka, tomato juice, lemon juice, Worcestershire sauce, hot sauce, a dash of salt and Pepper. Shake vigorously, taste for seasoning and heat, and adjust as necessary.

STEP 2: On a shallow saucer or plate, mix paprika with salt.

STEP 3: Pick the serving glass and rub lemon around its rim, now coat the wet glass rim by daubing it in the salt-paprika mixture,

STEP 4: Fill the serving glass (3/4 way) with ice and strain the Vodka mixture into the ice-filled glass.

STEP 5: Garnish with lemon wedge/ celery stalk/ green onion and serve.

As the pictures you're looking at may suggest, this week's recipe is for a cocktail. I have been trying out cocktails of late and sharing the recipes on my facebook page (Rogers' Bites) so I thought I should share one here this week.

'HUNGEROVER' CURE COCKTAIL

I first made this cocktail for my cousin who was nursing a terrible hangover after a party we attended together (I swear it wasn't me, it was my cousin—tongue in cheek). This cocktail is partially famous for that reason, a hangover cure.

It is unclear where this cocktail originated from, but internet sources suggest it may have been somewhere in the 1920s or 1930s. The origin of the name is equally unclear, with some

reports suggesting it was named after the infamous Queen Mary I of England, while others associate it to a bartender or a Hollywood star called Mary. The one undisputed fact is the two original and most salient ingredients; vodka and tomato juice.

Over time, the Bloody Mary recipe has evolved and grown to include an array of spices and flavourings that include salt, black pepper, cayenne pepper, Worcestershire sauce, lemon juice, and ice. More exotic versions will even have ingredients like bacon as a garnish, garlic, hot sauce, horseradish, celery and many other things. This famous cocktail has also inspired a long list of more cocktails, notably the Red Snapper, the Virgin Mary, the Caesar and the Michelada.

Try this Bloody Mary if you have any "cousins" with terrible hangovers and it just might be your magic bullet.