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Research on flatulency or intestinal gas

GAS PRODUCING FACTORS:

1. indigestible starches.
2. Tripsin-inhibitors which interfere with protein digestion
3. Intestinal bacteria which are associated with meat
4. Not chewing food thoroughly
5. Acid and carbohydrate foods together will prevent carbohydrate breakdown in the mouth (the 1st stage of digestion)

COUNTER-ACTIVE AGENTS

1. Enzymes which break down starches
 - sprouting
 - Tofu (rennin)
2. Long cooking to break down starches
(boiling, soaking, and cooking)
3. Bacterial breakdown
 - Miso
 - Soy sauce
4. Herbs and spices which stimulate digestive enzymes
(cumin) . Folklore