

Forum:[Hack Forums](#)

Thread: [What should we do for stomach and intestinal health?](#)

Portugals - June 18, 2024, 2:13 am

Hello, our stomach and intestines, what should we eat every day and what should we not eat? and when is the last time we have to eat thank you

Jamika - June 18, 2024, 5:15 am

I think u should eat vegetables and food full with fibers, also anise and peperment is good and will keep ur intestine good

I think u should eat vegetables and food full with fibers, also anise and peperment is good and will keep ur intestine good

Portugals - June 18, 2024, 9:37 am

(Jun 18, 2024 05:15 AM)Jamika Wrote: [\[CITE\]](#) I think u should eat vegetables and food full with fibers, also anise and peperment is good and will keep ur intestine good

I think u should eat vegetables and food full with fibers, also anise and peperment is good and will keep ur intestine good

anise and peperment oh okay thank you bro

Aeowulf - June 18, 2024, 9:49 am

Vegetables. Vegetables. More vegetables. That's it. Lots of fiber.

fork - June 24, 2024, 12:42 pm

Fresh ginger is extremely good for a healthy gut, intestines and a whole lot more great things.

Jeronim - June 24, 2024, 12:47 pm

Vegetables for fiber. You know why.

Fruits such as prunes or figs. It helps on bowel movement.

Melons for water since large intestine has the water absorbtion function.

Probiotics like from Yogurts or from Pickles, to boost the microflora.

Greens for antiinflammatory properties.

Also, water with lemon, mint and ginger for detox from your metabolism. Also refreshing.

banonkiel - June 24, 2024, 1:30 pm

Have a balanced diet, make sure to drink enough water on daily basis, try to reduce, because avoiding is nearly impossible when you are living alone, takeaway food.

Personally, I don't believe in "cleansing" but I believe in natural remedies for some situations. (such as diarrhea/constipation/being irritable/feeling bloated)

Finally, there's a huge difference between curing the symptoms and curing the underlying condition. If you are feeling abnormal, get yourself checked.

Portugals - June 24, 2024, 3:42 pm

Thanks for the comments, what should we do to prevent gas?

monka - June 25, 2024, 7:52 am

i eat yogurt and add mixed nuts inside =p

obtainhigh - July 1, 2024, 10:04 pm

For optimal digestive health, eat a balanced diet rich in fiber (fruits, vegetables, whole grains), lean proteins, and healthy fats, while avoiding processed foods, excessive sugars, and trans fats. Aim to have your last meal at least 2-3 hours before bedtime to allow proper digestion.

OR 300mg of caffeine.