

Gastrointestinal Distress, Indigestion, Flatulence, Gas Pain, Nausea, Sudden Bouts of Bloat



I'm convinced that menopause, aka "the devil", intentionally tried to wreak havoc on my jean size and rob me of my favorite cheesy indulgences just to watch me writhe in bloated pain and temp me towards cursing the universe for giving me a uterus. Gastrointestinal distress during menopause is quite uncomfortable and, unfortunately, quite common.

Gastrointestinal distress may be experienced as a digestive problem such as: heartburn, vomiting, gas, abdominal pain, lactose intolerance, constipation, diarrhea, bloating, etc... During menopause, these symptoms may occur because, as your estrogen levels decrease, it causes your cortisol levels, also referred to as your "stress-hormone," to rise and send your body into a state of panic. With higher levels of cortisol, the body will raise its blood pressure and blood sugar and slow down stomach acid production and digestion.

Excuses like, “It wasn’t me... It was the dog.” only last so long. There are things you can do to relieve yourself of many of these symptoms. Getting adequate exercise to keep your system moving, eating a nutritious diet with more fiber, avoiding dairy and/or other inflammatory foods, drinking more water, chewing more and eating slower may significantly help with the discomfort you are feeling. If you experience frequent or more significant pain for a prolonged period of time you should consult your doctor.