



Happy-Healthy Stomach During Raya

Selamat Hari Raya to all **K-LINK** Muslim members! It is the time of the year again where we build closer ties with family and friends through gatherings and plenty of food. However, with all the Raya goodies like rendang, ketupat and those sinfulicious Raya cookies and cakes made available, you may tend to overeat, eating too fast and drinking too much, in addition to eating fatty, spicy or greasy food. Hence, it is not surprising that stomach upset may develop after a Raya feast. Pain in the upper or lower abdomen, nausea, belching, "gas" pains and feeling bloated are all symptoms that can occur as a result of a Raya feast.

Although stomach upset is usually an occasional problem that goes away on its own, sometimes it can be a sign of underlying medical issues, such as gastroesophageal reflux, ulcers, lactose intolerance, irritable bowel syndrome, intestinal infection and several types of cancer. You are advised to do a proper check up if the symptoms persist.

In order to indulge into the foods while not falling sick, just keep it to a few basic rules will help to minimize the damage from a slight lapse during the Raya season. Eat smaller, more frequent meals and chew your food well. Avoid or reduce smoking, caffeine and carbonated beverages. Drink a lot of water for rehydration. Get enough of rest and sleep earlier to deal with occasional indigestion.

Finally, after implementing these healthy dietary supplements and lifestyle practices, digestive enzyme supplementation may be necessary to help your body properly break down your food since most of the stomach upset symptoms suggest that you might have problems with the digestive enzymes. Besides that, natural ayurvedic herbs are also helpful in restoring a good digestive system. They might be able to help you to get relief from stomach upset.

The following are the selected supplements that are highly recommended for you to have a happy healthy stomach.



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