AgelessCoach
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Current guidance
NIDDK · NIH Office of Dietary Supplements · National Institutes of Health

The Digestion Plan

The free fixes first, the food test second, the capsule rules last.

1 Cut the swallowed air before you buy anything

The cheapest fix on this page costs nothing at all.

- [ ] Skip chewing gum and hard candy. Both have you swallowing air all day long.
- [ ] Talking while eating, eating on the run and smoking all add swallowed air.
- [ ] Drop fizzy drinks and straws. Sit down to eat and slow the pace right down.
- [ ] Loose fitting dentures let air in. Ask your dentist to check the fit.

2 Change one food at a time, not five

One change a week is the only way to read a result.

- [ ] Week one dairy, week two legumes, week three cruciferous vegetables. One at a time.
- [ ] High fiber, fructose and lactose foods are the usual carbohydrate triggers.
- [ ] Watch sweeteners with names ending in -ol in sugar free gum, mints and candy.
- [ ] Smaller and more frequent meals often beat cutting out a whole food group.

If you change five foods at once you learn nothing except that you miss them.

3 Know the symptoms that need a doctor

Some gas is a symptom, and the short list is here.

- [ ] See your doctor if symptoms bother you or if they change suddenly.
- [ ] For scale: belching up to 30 times a day is typical, per NIDDK references.
- [ ] Abdominal pain, constipation, diarrhea or weight loss alongside gas: get seen.
- [ ] Passing gas 8 to 14 times a day is average, and up to 25 is still normal.

4 If you still want an enzyme, buy it with rules

Buy it with a job, a timeline and a stop date.

- [ ] Targeted first: lactase products are the option NIDDK names for lactose intolerance.
- [ ] Label warning: not for use with H2 blocking drugs or proton pump inhibitors.
- [ ] Thorne Advanced Digestive Enzymes: 60 capsules, about 70 cents a day.
- [ ] This blend carries betaine hydrochloride, pepsin, ox bile and pancreatin.
- [ ] Give it two weeks with one meal type, then judge. No change means stop.

THE ONE WE USE

Thorne Advanced Digestive Enzymes

A broad spectrum blend for occasional discomfort, with the full panel printed on the label.

Shop the bottle

Link works right from this PDF

Sources: NIDDK · NIH Office of Dietary Supplements · National Institutes of Health. Full linked citations on the article page. Education, not medical advice; your clinician outranks this page. Ageless Coach may earn a commission on affiliate purchases, at no cost to you.