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Smart Farts

A fart - also called flatus, or intestinal gas –is a combination of gases (nitrogen, carbon dioxide, oxygen, methane, and hydrogen sulfide) that travels from a person's stomach to their anus. When a person swallows too much air or eats foods that the human digestive system cannot digest easily, gas becomes trapped in his/her stomach. Flatulence is usually the result of indigestible sugars and carbohydrates, whose digestion requires certain enzymes that the human body isn't equipped with. The only way for this excess gas to exit the body is through the anus.

When you eat, you don't swallow just your food, you also swallow air, which contains gases like nitrogen and oxygen. Small amounts of these gases travel through your digestive system as you ingest food. Other gases like hydrogen, carbon dioxide and methane are made when food is non-absorbable by the small intestine and must be bacterially broken down in the large intestine. All of these gases in the digestive system have to escape somehow, so they come out as farts!

Hydrogen sulfide gas is produced by bacteria as the result of incomplete digestion of food. Flatulence may occur when such unabsorbed food hits the large intestine to be further broken down. Hydrogen sulfide combines with nitrogen, hydrogen, carbon dioxide and methane gases in the large intestine. The hydrogen sulfide gas contains sulfur, which cause your farts to have a smelly odor. The more sulfur- rich your diet, the more your farts will stink. Some foods that cause really smelly farts include: beans, cabbage, cheese, soda, and eggs.

Other typically flatulence-producing foods are high in certain polysaccharides (especially oligosaccharides such as inulin) and require enzymes we don't have to break them down to be absorbed into the walls of the small intestine. Thus, they are further decomposed by bacteria in the large intestine and, in the process, induce farting. These foods include beans, lentils, dairy products, onions, garlic, scallions, leeks, turnips, radishes, potatoes, cashews, oats, wheat, yeast in breads, and other vegetables.

If you want to be less gassy, try cutting back on foods like beans, onions, and fried foods. These foods can release larger amounts of gas as they break down in your body. If that doesn't make a difference you may want to try a restricted dietary or over-the-counter remedy.

Although gas is a natural by-product of human digestion, it can be uncomfortable and, at times, embarrassing. Lucky for you, there are remedies that can help reduce these negative effects of flatulence. Over-the-counter gas medication is an effective way to reduce gas. Products like Bean-O, Gas-X, and, Flatulex are designed to provide your body with enzymes to break down the indigestible sugars and carbohydrates that cause bloating and gas build-up in your intestines.

Large amounts of fiber can cause gas. Cutting out fiber from your diet isn't the answer, but instead spread your intake of fiber out—don't eat all your daily fiber at once and eat only a little at a time.

Lactose intolerance can cause gas, so monitor your dairy intake.

Take steps to avoid swallowing excess air, which causes a build-up of gas in the stomach and, eventually, the small and large intestines. This is frequently caused by swallowing from stress and post-nasal drip, smoking, chewing gum, and carbonated drinks. Cutting down on these habits can also get rid of your gas.

Reduce your intake of fatty foods to get rid of gas. Excess fat delays stomach emptying, delaying the natural release of gas and causing a buildup of gases, along with bloating and abdominal pain. Eating less fatty foods will reduce your gas--and it won't hurt your overall health either.

Sources:

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