CAUSES OF "RUNNERS STOMACH" AND EFFECTIVE STRATERGIES TO CONTROL IT.

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Runner's stomach: Characterized by abdominal cramping, diarrhea, nausea, and strong urge to use bathroom. This can slow your pace down and make runs very difficult.

Causes of Runners Stomach:

- Vascular; blood flow diverted from gut during exercise
- Mechanical; the "giggle "effect of running
- Hormonal: increased cortisol levels caused by stress

How common is runner's stomach?

- Very Common -between 50-85% of runners and endurance athletes suffer G.I. distress during their training and racing.
- Some research shows both male and female runners suffer from G.I distress on more than half their training runs.

How can you treat and or prevent stomach problems?

- Eliminating discomfort also gives you a huge mental boost.
- A diet that's low in certain sugars and carbohydrates, sometimes referred to as a low FODMOP Diet (acronym for a bunch of scientific words) has been shown to have a positive effect on G.I.
- Foods that trigger runners' stomach may vary from person to person,
- So, this may require some investigative work.
- In general, foods that aggravate gut. (high FODMAP) foods)
    - ✓ Dairy-based milk, yogurt, and ice cream
    - ✓ Wheat-based products such as cereals, bread & crackers
    - ✓ Beans & Lentils
    - ✓ Some veggies: onions, garlic, asparagus, artichokes
    - ✓ Some fruits: apples, clementines, pears, peaches

Foods that in general are more gut friendly

- Eggs & meat
- Cheeses like Feta or Brie
- Almond Milk
- Rice, Quinoa
- Veggies: tomatoes, cucumbers, zucchini, sweet potatoes, eggplant
- Fruits: grapes, oranges, strawberries, blue berried, and pineapple.

The FODMAP diet is a three-step elimination diet.

1. Stop eating certain foods from high FODMAP list.
2. Very slowly reintroduce them to see which are troublesome. Keep a very detailed journal
3. Once you have identified the culprit foods, avoid or limit them while eating “safe” foods.

Note: You may find consulting with a registered dietician very helpful in this process.

The elimination portion of this process should be only two-three weeks. If every few days, add one of the elimination foods back (one at a time) to see if it curves symptoms.

Probiotics:

Numerous studies have shown that taking probiotics can help significantly in –

- Reducing gastric distress and G.I. symptoms
- Improve Stamina
- Improve overall gut health

Hydration:

Cramps, nausea, and stiches in your abdomen during running can be the result of improper hydration.

Hydration before and during a long run is important but figuring it out can be tricky. Drinking too much water could make cramps and digestive irritation worse. The safest bet is to develop a habit

of drinking enough water regularly and using electrolyte-infused beverages right before and after your runs.

When to see a doctor:
If you're frequently experiencing runner's stomach, you may have a condition that isn't directly linked with running.
Irritable bowel syndrome (IBS) as well as celiac disease have similar symptoms to runner's belly but could be triggered by other factors and activities.
You should talk to your doctor if you experience any of the following symptoms:

- Episodes of diarrhea and cramping that happen more than once a week
- Frequent constipation
- Nausea, gas, and bloating regardless of whether or not you've been running
- Bowel movements that are often runny, or blood in your stool.