

# Excessive wind (flatulence)

Passing excessive wind (farting / flatulence), is a normal by-product of the digestive process. While everyone passes gas daily, an increase in frequency can sometimes be a cause for social discomfort.

## Why does it occur?

Wind or gas is typically caused by two main factors:

- **Swallowed Air:** Air taken in while eating or drinking travels through the digestive tract.
- **Fermentation:** When certain carbohydrates are not fully absorbed in the small intestine, they travel to the large intestine (bowel). Here, natural gut bacteria break them down or ferment them, producing gas as a by-product.

## What can I do to reduce wind?

You can often manage excessive gas through adjustments to your diet and lifestyle:

- **Mindful Eating:** Avoid "gulping" food and drinks, so you can reduce the amount of air you swallow.
- **Gradual Fibre Increase:** While high-fibre foods (like whole grains, legumes, and vegetables) are essential for bowel health, increasing your intake too quickly can sometimes cause temporary bloating and gas. We suggest, you implement dietary changes gradually over 2 to 3 weeks to allow your gut to adjust.
- **Fluid Intake:** Keeping up with adequate fluid intake (6-8 glasses of water) is essential, especially when consuming a high-fibre diet, to help gas and waste move through your system efficiently.
- **Identify Triggers:** Certain foods are known to be "gassier" than others. Common triggers include:
  - **Legumes & Pulses:** Lentils, chickpeas, kidney beans, and split peas.
  - **Cruciferous Vegetables:** Broccoli and Brussels sprouts.
  - **Whole Grains:** Oats, barley, and quinoa.
  - **Fruits:** Pears, apples, and berries.

See: [Low FODMAP diet](#) page for more details

## Do I need to see a specialist?

We recommend seeing your GP, or getting assessed by a gastroenterologist if you develop any of the following:

- Persistent abdominal pain or cramping.
- A significant and unexplained change in bowel habits, especially if this is persistent over few weeks.
- Blood or mucus in your stools
- Unexplained weight loss or constant fatigue.
- Persistent bloating that does not resolve with dietary adjustments.

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This information should not be used to diagnose or treat a health problem or disease. Always seek the advice of a healthcare professional regarding any medical condition or symptoms.