

Trouble Breathing After Eating

Breathing trouble is the most common symptom of any respiratory disease. However, there are peculiar circumstances, which determine the exact cause of troubled breathing. For instance, in the event that it occurs after eating, next the cause is probably not usually a respiratory disease.

Some Causes of Trouble Breathing After Eating

You have trouble breathing only after eating and never at any other time, in that case your situation is mostly as a result of diet disorder rather than a respiratory system problem. Offered below are a few causes that should assist you to examine your own individual problem.



Chronic Illnesses

Chronic ailments such as asthma, emphysema often show triggered troubled breathing signs and symptoms after eating and enjoying. When you consume, your own body needs more supply of oxygenated blood, in order to digest food. This puts much more pressure on the **lungs** to increase the supply of oxygen in the body. The lungs of the patients suffering from these kinds of diseases already are vulnerable and also this further pressure declines the condition.

Eating Big Meals

You may experience stressed inhaling and exhaling after consuming large meals. The exorbitant amount of food in the stomach pushes the lungs in the up direction, leading to breathing distress. The problem gets irritated when the food is muck, oily, sugary etc. This can prove to be fatal for people with emphysema, a condition the location where the lungs inflate abnormally. The abnormal size of lungs push the diaphragm in the belly, leading to troubled breathing and if your stomach is overfull also, next the person may experience attack like signs.

- Processed food is once more the culprit here.
- Avoid them like the problem, at least right up until the symptoms of bronchitis subside.

Alcohol or Alcoholic Beverages

Consuming alcohol may look like the right thing to do, because it offers a little warmth when you are all cold and shivering. But resist the temptation, because alcohol acts on your own central nervous system and slows down the reflexes of coughing and sneezing which are essential for cleaning of air passages.



Lungs

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Breathing Exercises to Improve Lung Capacity Most of us don't realize that we use less than 25% of the actual capacity of the lungs as we breathe. In case of shallow breathing, only the top section of the lungs gets filled with air. The number of blood vessels in the upper lobes is lesser in...

Milk as Well as Milk Products

Milk and its products are one of the most sensible food, and occupy mid-place in the food pyramid. But when you have respiratory disease, they are regarded negative simply because they contain saturated fat. When saturated fat is consumed in the course of an episode of bronchitis, it increases the phlegm manufacturing and leads to hassle in breathing.

You do not smoke, will not start, as well as if you do, cut down or stop. Try to stay away from those that smoke, since even used smoke is dangerous for you, especially when you are suffering from respiratory disease, as well as otherwise.

Is Viruslike Bronchitis Contagious

Viral bronchitis is a contagious disease, i.e., it can be easily spread from one person to other. It should be noted that bronchitis caused only because of microbe or viral infection is contagious, and not the one caused as a result of smoking or inhaling and exhaling other airborne pollutants. You should be aware that most of the conditions caused due to infections are contagious. Therefore, it is essential to get the cause of bronchitis diagnosed immediately.

“ To conclude, it is not easy to predict the life expectancy of a COPD patient, which declines under a particular stage, except if all other factors such as age, gender, height, weight, mode of treatment, health condition, and change in lifestyle (like cessation of smoking) are taken into consideration. Generally, we are able to say that the life expectancy decreases, as the degree of severity of the disease increases. Life expectancy of people that have mild COPD could be higher than those with severe and moderate problem. However, there are many instances in which those who work in the severe category lived much longer than anticipated. Effective treatment during the early stages could be one of the factors, that may improve life expectancy of COPD patients.

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