

0126. Why Do Airplane Flights Cause Digestive Problems? 为什么坐飞机会导致消化问题？

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1. Why Do Airplane Flights Cause (v.) Digestive Problems? 为什么坐飞机会导致消化问题？

If you **get an upset (a.)**肠胃不适；腹泻, gassy 充满气体的; (肠胃) 胀气的 stomach while traveling on planes, you're not alone.

如果您在乘坐飞机时感到胃部不适、胀气，那么您并不孤单。

Example 1. 案例

an upset (a.) stomach

an illness in the stomach that makes you feel sick or have diarrhoea 肠胃不适；腹泻

upset

(n.) [U] a situation in which there are problems or difficulties, especially when these are unexpected (意外的) 混乱，困扰，麻烦

The average person **passes (v.) gas** 放屁 12 to 25 times a day, but when you're on a plane, **you might feel like** you're constantly **breaking wind** 放屁.

一般人每天放屁12到25次，但当你在飞机上时，你可能会觉得你一直在放屁。

Example 2. 案例

pass gas

放屁：委婉语，指排放肠道气体。

In addition to feeling gassy (a.) (肠胃) 胀气的, some may experience (v.) an increase **in other stomach issues** during air travel.

除了感到胀气外，有些人在航空旅行期间还可能会出现其他胃部问题。

Though scientists **have yet to directly measure (v.) digestive changes** in people traveling on commercial passenger airlines, high-altitude research **has revealed some clues to what's happening in the gut** when you're in flight.

尽管科学家尚未直接测量乘坐商业客运航班的人的消化变化，但高海拔研究, 已经揭示了一些关于飞行时肠道发生变化的线索。

As you **ascend (v.) 上升；升高；登高** to higher altitudes, **atmospheric pressure** decreases (v.).

当你上升到更高的高度时，大气压力会降低。

This change in pressure **makes the air feel (v.) thinner** because there's less oxygen.

这种压力变化使空气感觉更稀薄，因为氧气更少。

主 **Low air pressure and cold temperatures** at these elevations (某地方的) 高度；(尤指) 海拔 谓 **cause (v.) the air to expand**, spreading out molecules such as oxygen, nitrogen 氮 and argon 氩, all **necessary components (n.) of air**.

这些海拔地区的低气压和寒冷温度, 导致空气膨胀，扩散出氧、氮和氩等分子，这些都是空气的必要成分。

Example 3. 案例

argon

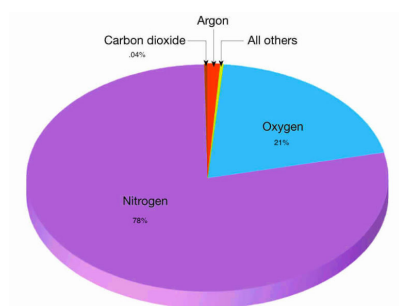
/ˈɑːrgɑːn/

(symbol Ar) a chemical element. Argon is a gas that does not react with anything and is used in electric lights. 氩(yà)

→ 前缀a-, 没有。词根erg, 驱动, 同urge, work. 指一种惰性元素。

氩是一种惰性气体, 很难进行化学反应。前缀a-表否定, 如anonymous (匿名的), acentric (无中心的); 词根-org-“工作”和前缀a-融合在了一起, 变成了-arg-, 字面含义“不工作的、没有活性的、惰性的”; 同根词如work (工作), organ (器官, 器官是人体中工作运转的部位), energy (精力, 字面义“在工作”)。

化学符号Ar. **是地球大气层第三多的气体**, 是水蒸气的两倍以上 (平均4000 ppmv左右, 但变化很大)、二氧化碳 (400 ppmv) 的23倍之多、氦 (18 ppmv) 的500倍以上。



“argon”这名源自于希腊语的 ἀργόν, 意思是“懒惰”、“不活跃”, 如此命名是因为它几乎不参与化学反应。

氩是地壳含量中最丰富的惰性元素, 在地壳中占0.00015%。

在地壳中, 由于氩在自然情况下不与其他化合物反应, 而无法形成固态物质, 但可以被“困在”放射性岩石中。鉴于空气中的氩更易得, 工业用的氩大多就直接从空气中提取。

氩的作用:

- 氩气常被注入灯泡内, 因为氩即使在高温下也不会与灯丝发生化学作用, 从而延长灯丝的寿命。
- 在博物馆里, 会在一些重要文物的玻璃专柜里填充氩气, 避免氧化。
- 在酿酒的过程中, 啤酒桶里的填充物, 它可以把氧气置换, 以避免啤酒桶里的原料被氧化成乙酸。
- 在药学里, 氩可以用于保护一些静脉内的治疗的药物, 举个例子, 像是对乙酰氨基酚。一样的, 这也是防止药物受到氧气的破坏。

- 广告用的霓虹灯里，有时也会加入氩气，加了氩气的霓虹灯管，白天看起来是无色透明的，一旦通电后，氩气受到电的刺激，会放出青色的光芒。
- 氩气的"低传热率"也是它的特性之一，像它可以作为"隔热窗户"中两层玻璃之间的填充物。
- 因为氩的低传热率和惰性，氩气在"水肺潜水"可以用来作为膨胀潜水衣的气体。"氩气"还可以在水肺中代替"氮气"（吸收纯氧对身体不好，因此"水肺"中要添加其他气体），因为"氮气"在高压下会溶进血液里而造成"氮麻醉"，"氩气"则可以减轻这种症状（虽然一般来说，"惰性气体"也会造成这种症状）

When the blood doesn't **carry** sufficient oxygen **to** tissues, it causes hypoxia (n.)缺氧；低氧。

当血液不能将足够的氧气输送到组织时，就会导致缺氧。

Example 4. 案例

hypoxia

/hɑːpɑːksɪə/

(n.)(medical 医) a condition in which not enough oxygen reaches the body's tissues 缺氧；低氧

→ hypo-,在下，低于，-ox,氧，词源同oxygen.即低于正常氧气含量。

A **reduced oxygen level** in the body **slows down** the activity of **digestive (a.)消化的；和消化有关的 enzymes**, which may **contribute (v.)是...的原因之一** to problems with digestion.

体内氧气水平降低,会减慢"消化酶"的活性，这可能会导致消化问题。

Research on hypoxia **has also indicated** several other gastrointestinal (GI)(a.)胃肠的 changes, **from** an upset stomach 胃部不适 **to** more severe issues, such as **bleeding in the bowels**.

对缺氧的研究,还表明了其他几种胃肠道（GI）变化，从"胃部不适"到更严重的问题，例如"肠道出血"。

Example 5. 案例

gas-tro-intes-tinal

/ˌgæs-trʊ-ɪn'tes-tɪnəl/

(a.)(medical 医) of or related to the stomach and intestines 胃肠的

→ gastro-, 胃。 -intestin, 肠。

Fortunately, traveling in a plane **isn't the same as** climbing to the top of Mount Everest, which stands at **a lofty (a.)巍峨的；高耸的 height of** 29,029 feet.
幸运的是，乘坐飞机旅行与攀登海拔 29,029 英尺的珠穆朗玛峰并不相同。

Though commercial airplanes **soar (v.)升空；升腾;急升；猛增 a bit higher** at an altitude between 31,000 and 42,000 feet, they contain (v.) **cabin (飞机的)座舱-pressure-control systems** in which 主 **conditioned (v.)训练；使习惯于；使适应;保持 (头发或皮肤等的)健康；养护 air** 谓 **simulates (v.) a pressure akin (a.)相似的；类似的 to** that at 8,000 feet of altitude.

尽管商用飞机在 31,000 到 42,000 英尺的高空飞行，但它们内部配备了机舱气压控制系统，其中经过处理的空气，模拟了海拔 8,000 英尺时的气压。

Example 6. 案例

they contain cabin-pressure-control systems in which conditioned air simulates (v.) a pressure akin to that at 8,000 feet of altitude.
谓 宾 主 谓 后定

soar

(v.)~ **(up) (into sth)** : to rise quickly and smoothly up into the air 升空；升腾
- The rocket **soared (up) into the air.** 火箭升空。

condition

(v.)1.[usually passive] ~ **sb/sth (to sth/to do sth)** : to train sb/sth to behave in a particular way or to become used to a particular situation 训练；使习惯于；使适应

- Patients **can become conditioned (v.)** to particular forms of treatment. 病人会习惯某些治疗方式。

2.[VN] to have an important effect on sb/sth; to influence the way that sth happens 对...具有重要影响；影响 (某事发生的方式)

• Gender roles **are often conditioned (v.) by** cultural factors. 文化因素, 常常对性别的角色有着重要的影响。

3.[VN] to keep sth such as your hair or skin healthy 保持（头发或皮肤等的）健康；养护

• a shampoo **that cleans and conditions (v.) hair** 可清洁并养护头发的洗发剂

akin

/ə'kɪn/

(a.) ~ **to sth** : (formal) similar to 相似的；类似的

• 主 What he felt 系 was **more akin (v.) to pity than** love. 他感受到的更像怜悯，而不是爱。

主 That change (n.) 后定 in cabin pressure 谓 can still **make gas** in your gut **expand** if you **have food** in your stomach.

如果您胃里有食物，机舱压力的变化，仍然会使您肠道内的气体膨胀。

Changes **in cabin pressure** and oxygen saturation, **along with** the vibration **and** motion of the plane, can inhibit (v.)阻止；阻碍；抑制 **gastric (a.)**胃的；胃部的 **emptying**.

机舱压力和氧饱和度的变化，以及飞机的振动和运动，会抑制胃排空。

In other words, **digested food** can't move to **the small intestine** 肠, making it more difficult to do a number two.

换句话说，消化后的食物无法移动到小肠，这使得第二步变得更加困难。

Example 7. 案例

intestine

/ɪn'testɪn/

-> 来自拉丁语intus,在内部，在里面，词源同enter,enteritis.引申词义肠。



This can **contribute to** feeling bloated (a.)饮食过度的；胃胀的;膨胀的；肿胀的；臃肿的, gassy (a.) (肠胃) 胀气的 and nauseated (a.)使恶心; 使作呕.
这可能会导致腹胀、胀气和恶心的感觉。

The length of your flight **matters (v.) as well**.
您的飞行时间也很重要。

A one-hour flight **won't disrupt (v.) your gut** as much as **a 14-hour trip** will.
1 小时的飞行, 不会像 14 小时的旅行那样对您的肠道造成太大影响。

主 **Spending most of your time** sitting in a cramped 狭窄的；狭小的 seat 谓 **can compress (v.) the abdomen** 腹 (部) and **make it harder** for food **to pass through**.

大部分时间坐在狭窄的座位上, 会压迫腹部, 使食物更难通过。

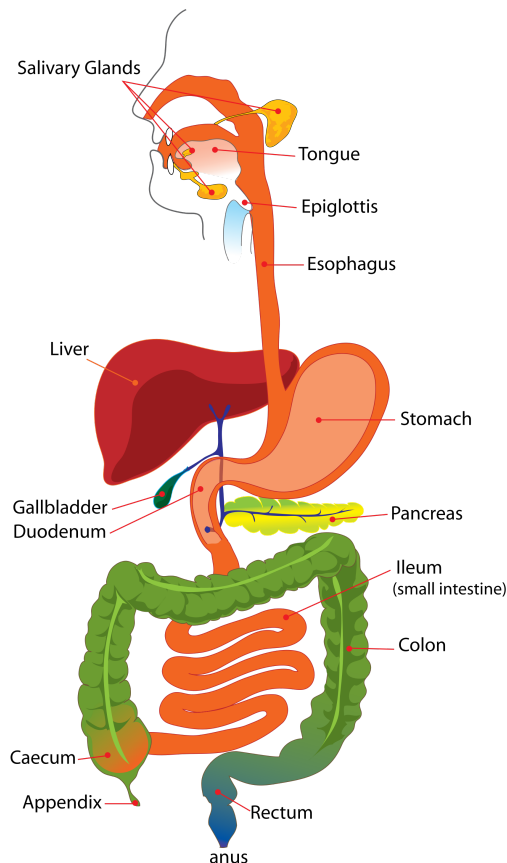
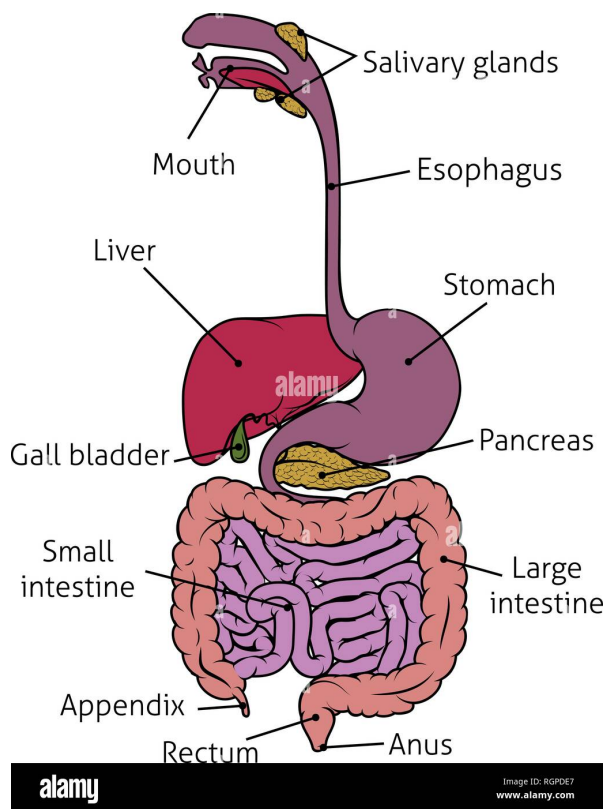
Even if **you maintain a good posture**, sitting for long periods of time **makes it harder** for the **expanded gas** in the **GI tract** 消化道;胃肠道 to escape (v.).
即使你保持良好的姿势, 长时间坐着, 也会使"胃肠道中膨胀的气体"更难逸出。

Example 8. 案例

GI tract

gastric intestinal tract

消化道：指人体内**从口腔到肛门**的一系列器官，包括口腔、食管、胃、小肠、大肠和肛门等，主要功能是消化食物并吸收营养物质。



Being less active **slows down** your intestinal motility (n.)运动性；能动性, thereby exacerbating (v.)使恶化；使加剧；使加重 bloating and constipation 便秘. 活动量减少会减慢肠道蠕动，从而加剧腹胀和便秘。

Example 9. 案例

constipation

/ˌkɑːnstɪˈpeɪʃn/

→ con-, 强调。-stip, 僵硬，词源同stiff.

Additionally, if you have **heavy foods** in your stomach, this could be problematic (a.)造成困难的；产生问题的 if the plane **runs into** any turbulence. 此外，如果你的胃里有太多食物，当飞机遇到湍流时，这可能会出现问題。

a bumpy 颠簸的 ride could **lead (v.) to** nausea (n.)恶心；作呕；反胃 and vomiting 呕吐 for people **prone to** motion sickness. 对于容易晕车的人来说，颠簸的旅程可能会导致恶心和呕吐。

Stress **might also be a culprit** (n.)肇事者；引起问题的事物 in **a gassy airborne** (a.)
在飞行中的;空降的;空气中的 stomach.
压力也可能是胃胀气的罪魁祸首。

Example 10. 案例

culprit

→ 来自culp-,责备, 谴责, 词源同inculpable.

Research has shown that the gut **has a close relationship with** the brain: people with flight anxiety **release** (v.) **the stress hormone cortisol** 皮质醇, which **reduces** (v.) **blood flow and oxygen** to the digestive system.

研究表明, 肠道与大脑有着密切的关系: 患有飞行焦虑症的人会释放"应激激素皮质醇", 从而减少消化系统的血流量和氧气。

The decreased blood flow, in turn, **slows down** the digestive system.
血流量减少, 反过来又会减慢消化系统的速度。

For many people with anxiety, 主 **getting on a plane** and flying for long periods
谓 stimulates (v.) symptoms of bloating, **cramping** (腹部) 绞痛;痛性痉挛;抽筋 **in their abdomen** and **the butterflies-in-their-stomach feeling**.

对于许多患有焦虑症的人来说, 乘坐飞机和长时间飞行, 会刺激腹胀、腹部绞痛和胃部不适的症状。

If you're someone with a **preexisting** 早已存在的, 业已存在的 **GI condition**, such as **irritable bowel syndrome** (IBS) or **inflammatory bowel disease** (IBD), gastroenterologists **warn** (v.) **that** flying can worsen (v.) your symptoms.
如果您患有"肠易激综合征" (IBS) 或"炎症性肠病" (IBD) 等胃肠道疾病, 胃肠病学家警告说, 乘坐飞机可能会使您的症状恶化。

Example 11. 案例

irritable bowel syndrome: IBS

肠易激综合征: 结肠的一种慢性功能性紊乱, 其特征包括便秘或腹泻、腹部绞痛, 和粪便中的粘液排出。

肠易激综合征(irritable bowel syndrome, IBS)是一组持续或间歇发作, **以腹痛、腹胀、排便习惯和(或)大便性状改变为临床表现, 而缺乏"胃肠道结构和生化异常"的肠道功能紊乱性疾病。**常与其他胃肠道功能紊乱性疾病, 如"功能性消化不良"并存伴发。IBS的病因和发病机制尚不十分清楚, 被认为是胃肠动力异常、内脏感觉异常、脑肠调控异常、炎症和精神心理等多种因素共同作用的结果。

inflammatory bowel disease: IBD

炎症性肠病: 肠道的两种炎症性疾病, 克罗恩病, 和溃疡性结肠炎。

炎症性肠病(IBD)为累及回肠、直肠、结肠的一种特发性"肠道炎症性"疾病。临床表现腹泻、腹痛, 甚至可有血便。

本病包括"溃疡性结肠炎"(UC)和"克罗恩病"(CD)。

→ 溃疡性结肠炎: **是结肠黏膜层和黏膜下层连续性炎症, 疾病通常先累及直肠, 逐渐向全结肠蔓延;**

→ 克罗恩病: **可累及全消化道, 为非连续性全层炎症, 最常累及部位为末端回肠、结肠和肛周。**

病因和发病机制尚未完全明确, **已知"肠道黏膜免疫系统异常反应"所导致的"炎症反应"在IBD发病中起重要作用**, 认为是由多因素相互作用所致, 主要包括环境、遗传、感染和免疫因素。

主 people with Crohn's disease, a type of IBD, 谓 may have episodes (人生的)一段经历; (小说的)片段, 插曲 of diarrhea (n.)腹泻, while 主 people with IBS, a noninflammatory condition that causes (v.) abdominal 腹部的 discomfort and altered (v.) (使)改变, 更改, 改动 bowel movements, 谓 report (v.) frequent bloating, diarrhea 腹泻 and constipation 便秘.

患有"克罗恩病"("炎症性肠病"的一种)的人可能会出现腹泻, 而患有"肠易激综合征"(一种导致腹部不适和排便改变的"非炎症性疾病")的人会经常出现腹胀、腹泻和便秘。

Example 12. 案例

diarrhea = diarrhoea

/ˌdaɪəˈriːə/

腹泻

→ dia-, 穿过, 整个的。-rrh, 流, 词源同gonorrheal, rhythm. 用于指腹泄, 比较

diabetes.

The increase in symptoms **is not typically caused by** the flight itself **but by** the anxiety of flying.

症状的增加,通常不是由飞行本身引起的,而是由飞行的焦虑引起的。

主 ① **Flight anxiety** and ② **underlying stress** from **delays** or **unexpected changes to travel plans** 谓 may cause many people's IBS **to flare up** 突发;加剧;(火焰、火等)突然旺起来。

他说,"飞行焦虑",以及"旅行计划延误,或意外变化"带来的潜在压力,可能会导致许多人的"肠易激综合症"发作。

Example 13. 案例

flare

[V] ~ **(up)** : (especially of anger and violence 尤指愤怒和暴力) to suddenly start or become much stronger 突发;加剧

flare

[V] to burn brightly, but usually for only a short time or not steadily (短暂) 烧旺; (摇曳着) 燃烧; (火光) 闪耀

The good news is **you can take steps to prevent** tummy 胃;肚子 troubles **on your next flight**.

好消息是,您可以采取措施预防下次飞行时出现肚子问题。

Example 14. 案例

tummy

(used especially by children or when speaking to children 尤为儿语或对儿童说话时用) (informal) the stomach or the area around the stomach 胃;肚子

Gut experts recommend (v.) drinking a lot of water.

肠道专家建议多喝水。

When you're traveling, you're usually not drinking as much, so you're becoming dehydrated (a.)脱水的.

当你旅行时，你通常不会喝那么多水，所以你会脱水。

主 **The dry air and low air pressure** in long flights 谓 is dehydrating (v.)使脱水.
长途飞行中的"干燥空气"和"低气压",会让人脱水。

主 Dehydration **due to** 由于；因为;应给予；应归于 low humidity levels in the cabin
谓 can **slow down digestion and worsen (v.) constipation and preexisting (a.) IBS symptoms.**

机舱内"低湿度"导致的脱水,会减慢"消化速度",加重"便秘"和已有的"肠易激综合症状状".

If **you are eating** before your flight, **opt for a light meal** 简餐 that's gentle (a.)温柔的；小心的 on the stomach.

如果您在航班起飞前吃东西，请选择对肠胃温和的便餐。

This includes **lean** 肉少的；瘦且健康的;精干的；效率高的 **proteins** 精瘦蛋白 and **foods rich in fiber and healthy fats**, such as **salmon** and **Greek yogurt** 酸奶 with berries 浆果；莓.

这包括瘦肉蛋白和富含纤维和健康脂肪的食物，例如鲑鱼和带有浆果的希腊酸奶。

Example 15. 案例

lean protein

不同蛋白质，含有的"饱和脂肪酸"和"胆固醇"是不一样的。**精瘦蛋白质 lean protein**，就是脂肪量较低的蛋白质。

berry

(often in compounds 常构成复合词) a small fruit that grows on a bush. There are several types of berry, some of which can be eaten. 浆果；莓



You don't really want to have **processed foods** 加工过的食品 or **salty foods** before getting on a flight.

在登机前，你不会真的想吃"加工食品"或"咸味食品"的。

He also encourages people **to not eat (v.) at least 30 minutes** before the flight.
他还鼓励人们在航班起飞前至少 30 分钟, 不要进食。

Eating (v.) earlier **can help your stomach digest (v.) the food** before boarding.
早点吃饭可以帮助胃在登机前消化食物。

Once **on the plane**, you're **better (ad.) off** (在某情况下) 更幸福 , 更满意 **skipping** the wine, coffee or carbonated drinks, which might **worsen (v.) an already upset stomach**.

一旦上了飞机，你最好不要喝葡萄酒、咖啡或碳酸饮料，这可能会加剧已经不舒服的胃部不适。

Example 16. 案例

be better off (doing sth)

used to say that sb is/would be happier or more satisfied if they were in a particular position or did a particular thing (在某情况下) 更幸福 , 更满意

- **She's better (ad.) off** without him. 没有他，她活得更幸福。
- The weather was so bad **we'd have been better off staying at home**. 天气非常恶劣，我们还不如待在家里舒服。

Surapaneni 人名 also advises **to stay mobile** when it's safe to do so, **whether** that's by **standing up** to take a stretch **or** walking around the cabin.

苏拉帕尼尼还建议在安全的情况下保持活动，无论是站起来伸展身体, 还是在机舱内走

动。

If you **have a GI condition** or **are nervous about** an upcoming flight, it's always a good idea **to consult with your doctor** before boarding **in case** there are other remedies (n.) 处理方法；改进措施；补偿；疗法；治疗；药品 they would recommend. 如果您患有胃肠道疾病, 或对即将到来的航班感到紧张, 最好在登机前咨询您的医生, 以防他们推荐其他治疗方法。

Example 17. 案例

remedy

-> re-, 表强调, -med, 救治, 词源同 medical, medicine.

re-回, 向后 + -med-医药 + -y 名词词尾

(n.)

1. a way of dealing with or improving an unpleasant or difficult situation 处理方法；改进措施；补偿

SYN solution

- **There is no simple remedy** for unemployment. 失业问题没有简单的解决方法。

2. a treatment or medicine to cure a disease or reduce pain that is not very serious 疗法；治疗；药品

- **a herbal remedy** 草药

- **an excellent home remedy** for sore throats 治疗咽喉疼痛的极佳的家庭疗法

3. (law 律) ~ **(against sth)**: a way of dealing with a problem, using the processes of the law (通过法律程序的) 解决方法, 救济

SYN redress

- Holding copyright **provides (v.) the only legal remedy** against unauthorized copying. 持有版权, 是制止盗版的唯一法律手段。

Also, don't fret (v.) 苦恼；烦躁；焦虑不安 **if you continue feeling some digestive issues** after landing.

另外, 如果您在着陆后, 仍然感到消化问题, 请不要担心。

Example 18. 案例

fret

(v.) ~ **(about/over sth)** : (especially BrE) to be worried or unhappy and not able to relax 苦恼；烦躁；焦虑不安

→ 来自Proto-Germanic*fra-etan, 吞噬，吃尽，*fra-, 完全的，词源同per-, *etan, 吃，词源同eat. 用来指魔鬼或维京海盗，后用于心理含义，指焦虑紧张等。

These symptoms are temporary and usually pass in 24 to 48 hours.

这些症状是暂时的，通常会在 24 至 48 小时内消失。

So **the next time** you're on a plane, if you're a little gassier 更加（肠胃）胀气的 than usual, **it's better to release it** rather than **attempt to hold it in** for an entire flight. 因此，下次您乘坐飞机时，如果您比平时稍微有点肠胃更加胀气，最好将其释放出来，而不是在整个飞行过程中试图将其憋住。

Move around and let it rip （突然或猛烈地）撕破，裂开；猛地扯开；突然拉开 — hopefully not sitting next to somebody, if you can avoid it.

四处走动，把屁放出来——希望你不要坐在某人旁边来放屁，若你能够避免这么做的话。

2. Why Do Airplane Flights Cause Digestive Problems?

If you get an upset, gassy stomach while traveling on planes, you're not alone.

The average person passes gas 12 to 25 times a day, but when you're on a plane, you might feel like you're constantly breaking wind. In addition to feeling gassy, some may experience an increase in other stomach issues during air travel. Though scientists have yet to directly measure digestive changes in people traveling on commercial passenger airlines, high-altitude research has revealed some clues to what's happening in the gut when you're in flight.

As you ascend to higher altitudes, atmospheric pressure decreases. This change in pressure makes the air feel thinner because there's less oxygen. Low air pressure and cold temperatures at these elevations cause the air to expand, spreading out molecules such as oxygen, nitrogen and argon, all necessary components of air. When the blood doesn't carry sufficient oxygen to tissues, it causes hypoxia. A reduced oxygen level in the body slows down the activity of digestive enzymes, which may contribute to problems with digestion. Research on hypoxia has also indicated several other gastrointestinal (GI) changes, from an upset stomach to more severe issues, such as bleeding in the bowels.

Fortunately, traveling in a plane isn't the same as climbing to the top of Mount Everest, which stands at a lofty height of 29,029 feet. Though commercial airplanes soar a bit higher at an altitude between 31,000 and 42,000 feet, they contain cabin-pressure-control systems in which conditioned air simulates a pressure akin to that at 8,000 feet of altitude.

That change in cabin pressure can still make gas in your gut expand if you have food in your stomach.

Changes in cabin pressure and oxygen saturation, along with the vibration and motion of the plane, can inhibit gastric emptying. In other words, digested food can't move to the small intestine, making it more difficult to do a number two. This can contribute to feeling bloated, gassy and nauseated.

The length of your flight matters as well. A one-hour flight won't disrupt your gut as much as a 14-hour trip will. Spending most of your time sitting in a cramped seat can compress the abdomen and make it harder for food to pass through. Even if you maintain a good posture, sitting for long periods of time makes it harder for the expanded gas in the GI tract to escape. Being less active slows down your intestinal motility, thereby exacerbating bloating and constipation. Additionally, if you have heavy foods in your stomach, this could be problematic if the plane runs into any turbulence. A bumpy ride could lead to nausea and vomiting for people prone to motion sickness.

Stress might also be a culprit in a gassy airborne stomach. Research has shown that the gut has a close relationship with the brain: people with flight anxiety release the stress hormone cortisol, which reduces blood flow and oxygen to the digestive

system. The decreased blood flow, in turn, slows down the digestive system. For many people with anxiety, getting on a plane and flying for long periods stimulates symptoms of bloating, cramping in their abdomen and the butterflies-in-their-stomach feeling.

If you're someone with a preexisting GI condition, such as irritable bowel syndrome (IBS) or inflammatory bowel disease (IBD), gastroenterologists warn that flying can worsen your symptoms. Bedford says people with Crohn's disease, a type of IBD, may have episodes of diarrhea, while people with IBS, a noninflammatory condition that causes abdominal discomfort and altered bowel movements, report frequent bloating, diarrhea and constipation. The increase in symptoms is not typically caused by the flight itself but by the anxiety of flying. Flight anxiety and underlying stress from delays or unexpected changes to travel plans may cause many people's IBS to flare up, he says.

The good news is you can take steps to prevent tummy troubles on your next flight. Gut experts recommend drinking a lot of water. When you're traveling, you're usually not drinking as much, so you're becoming dehydrated. The dry air and low air pressure in long flights is dehydrating. Dehydration due to low humidity levels in the cabin can slow down digestion and worsen constipation and preexisting IBS symptoms.

If you are eating before your flight, opt for a light meal that's gentle on the stomach. This includes lean proteins and foods rich in fiber and healthy fats, such as salmon and Greek yogurt with berries. "You don't really want to have processed foods or salty foods before getting on a flight," Bedford says. He also encourages people to not eat at least 30 minutes before the flight. Eating earlier can help your stomach digest the food before boarding.

Once on the plane, you're better off skipping the wine, coffee or carbonated drinks, which might worsen an already upset stomach. Surapaneni also advises to stay mobile when it's safe to do so, whether that's by standing up to take a stretch or walking around the cabin.

If you have a GI condition or are nervous about an upcoming flight, it's always a good idea to consult with your doctor before boarding in case there are other remedies they would recommend. Also, don't fret if you continue feeling some

digestive issues after landing. These symptoms are temporary and usually pass in 24 to 48 hours, Bedford says.

So the next time you're on a plane, if you're a little gassier than usual, it's better to release it rather than attempt to hold it in for an entire flight. Move around and let it rip—hopefully not sitting next to somebody, if you can avoid it.
