



FLAT-D Innovations, Inc.

Doctor Recommended - Flatulence Deodorizer™

"Patients with intestinal gas conditions . . . can go out to public places without fear of emitting embarrassing odors."

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Flatulence is part of life!

Flatulence (gas) - we all have it, it is part of life. It is a natural result of good digestion. Passing gas is a more familiar term to many people. Gas pains can be uncomfortable and embarrassing for many people but you can reduce the symptoms and find relief.

The average person expels gas 14 times every day. The amount of gas released ranges from as little as one cup to as much as one half gallon per day. Gas is made primarily of odorless vapors such as carbon dioxide, oxygen, nitrogen, hydrogen, and sometimes methane. The unpleasant odor of flatulence comes from bacteria in the large intestine that release small amounts of gases that contain hydrogen sulfide.

Flatulence occurs when a food does not break down completely in the stomach and small intestine. As a result, the food makes it into the large intestine in an undigested state. The body does not digest and absorb some carbohydrates (the sugar, starches, and fiber found in many foods) in the small intestine because of a shortage or absence of certain enzymes.

This undigested food then passes from the small intestine into the large intestine, where normal, harmless bacteria break down the food, producing gases such as hydrogen, carbon dioxide, and, in about one-third of all people, methane. Eventually these gases exit through the rectum.

Foods that produce gas

Certain foods produce more flatulence than others because they contain more indigestible carbohydrates than others. Beans are well-known gas producers. The beans pass through the small intestine and arrive in the large intestine without being digested, which causes flatulence to occur.

Unfortunately, healthy foods such as fruits, vegetables, whole grains and legumes (beans and peas) are often the worst offenders. That's because these foods are high in fiber which is an indigestible cellulose. Fiber has many health benefits, including keeping your digestive tract in good working order, regulating blood sugar and cholesterol levels, and helping prevent heart attacks and other heart problems. But it can also lead to forming gas.

Medical conditions that cause gas

If you are "lactose intolerant," it means that you lack an enzyme (lactase) in your intestine. This is the enzyme that breaks lactose apart into two sugar molecules so they can enter the bloodstream. Without lactase, lactose passes undigested through the stomach and small intestine. Once it arrives in the colon, the lactose meets up with billions of hungry bacteria that are happy to digest lactose. They produce a variety of gases, in much the way that yeast produces carbon dioxide to leaven bread.

There are an estimated 16 million diabetics in the United States, and many have difficulty in coping with or controlling their diabetes. Certain medical conditions such as Crohn's Disease, Colitis, IBD, Irritable Bowel Syndrome, and Celiac Disease cause people to have excessive flatulence because of their impaired digestion. A diagnosis of IBS has been reported by 10 to 20% of adults in the United States, and symptoms of IBS are responsible for over 3 million yearly visits to physicians. IBS exhibits a predominance in women, with females representing over 70% of IBS sufferers.

Possible solutions- medicine or natural cures

Doctors may tell people to eat fewer foods that cause gas. However, for some people this may mean cutting out healthy foods, such as fruits and vegetables, whole grains, and milk products.

Doctors may also suggest limiting high-fat foods to reduce bloating and discomfort. This helps the stomach empty faster, allowing gases to move into the small intestine.

Many nonprescription, over-the-counter medicines are available to help reduce symptoms, including antacids. Digestive enzymes, such as lactase supplements, actually help digest carbohydrates and may allow people to eat foods that normally cause gas.

Natural things we can do to minimize gas is to eat slowly, chew thoroughly, sip rather than gulp liquids, minimize fizzy beverages and, not chew gum.

Newest High Tech Solutions

The latest and most ingenious solution for those malodorous gas makers is the use of activated charcoal technology. Activated Charcoal Cloth (ACC) is produced in a flexible textile form. This material absorbs odors more effectively, per unit area, than any other known agent can absorb.

Flat-D Innovations has tackled the odors of flatulence with the help of this technology. They manufacture a Flat-D reusable flatulence deodorizing pad that is placed in the underwear, next to the buttocks. When gas is expelled through the ACC pad it effectively absorbs the odor associated with the gas. This is the most simple, cost-effective, non-drug solution for the worst odor the body makes. This material is lightweight, extremely thin (1/16th of an inch), washable and reusable. For many, the Flat-D will end embarrassment because you will not have the tell-tale odors around you.

For more information on Flat-D Innovations products visit their web site at www.flat-d.com . The author, Frank Morosky, is the company's president and "Flatulence Guru". Feel free to contact him at frank@flat-d.com .