

# Tummy Aches - Causes and Solutions



Common Issues	Underlying causes	Dietary and Lifestyle Solutions	Supplements
<b>Constipation</b>	Inadequate fibre/lack of diversity in diet	Increase fibre (vegetables, fruit, legumes, wholegrains) and prebiotic fibre in the diet (see our prebiotic fibre cheat sheet)	Prebiotics: PHGG (partially hydrolyzed guar gum is a prebiotic fibre which feeds the gut flora and helps to change the internal environment of the gut (Ariya PHGG or Metagenics GI Regulate)
	Reduced water intake	Water: flavour water with lemon or lime; herbal teas; use an app, like Tummy Fish to encourage drinking	Probiotics: Activated Probiotics Biome Lax (kids over 12yrs) or Biome Daily Kids (Kids under 12)
	Lack of movement	Encourage movement and play. Leg cycling can be a fun activity to do with your kids.	Magnesium Citrate helps by drawing water into the stool as well as supporting muscle contraction and relaxation.
	Emotional stress - (eg. fear; holding on at school)	Gently encourage your child to go to the bathroom after breakfast, so they have an opportunity to have a bowel movement before school. After school is also a good time to remind them.	Try: Mediherb Medimag Calm (also contains withania which helps to reduce anxiety and support the nervous system)
	Food intolerances and allergies	Food intolerance and allergies can also contribute (gluten and dairy are common). An elimination and reintroduction is the most effective way to determine intolerances. Testing for coeliac may be indicated.	

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<b>Diarrhoea / loose bowel movements</b>	Food intolerance (eg lactose or Cow's Milk Protein Intolerance)	An elimination and reintroduction is effective in identifying a food intolerance	
	Overconsumption of a particular food (eg fruit - too much fructose)	Fructose malabsorption is common in children. This usually resolves as they get older. Reduce fruit to no more than 1 serve (eg ½ cup berries or 1 small apple) to identify if this is the cause.	
	Viral or bacterial infections	Infections can cause diarrhoea (see below)	Probiotics and prebiotics
	Inflammation/irritation of the GIT	This can be caused by infection, food intolerance/s and allergies.	Metagenics Gut Care for Kids - contains nutrients and herbs to soothe and heal the mucous membranes of the GIT
	Antibiotics	A common side effect of antibiotics is diarrhoea. Probiotics and prebiotics are essential to help minimise this side effect and aid in restoring the microbiome.	Activated Probiotics Biome Daily Kids; Metagenics Ultra Flora Intensive Care.  NOTE: Start taking probiotics as soon as the antibiotic prescription begins and continue taking for up to 30 days after antibiotics cease.

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<b>Reflux</b>	Infection - H.pylori is a common bacteria that inhabits the stomach and can cause reflux	A breath test (suitable for older children) or a stool test can identify if H.pylori is present. Note: H.pylori is a common bacteria, however is usually only treated if it is causing symptoms.	Usually antibiotics are prescribed. Biogaia Protectis (alongside AB's) has been shown to improve outcomes.  Probiotics and prebiotics to support the microbiome whilst on antibiotics.
	In infants, underdeveloped esophageal sphincter and food intolerances		Biogaia Protectis (for children who can chew). Biogaia Protectis drops (for infants)
	Food intolerance	Identifying a food intolerance with an elimination diet is usually recommended	Support gut lining healing with herbs (liquorice, turmeric) and nutrients (Vitamins A & D, zinc, glutamine) in Metagenics Gut Care for Kids
	Over consumption of particular foods (eg highly processed food - high sugar/high fat)	Minimise highly processed and sugary foods/drinks	
	Hernia	Investigate this with your doctor or paediatrician	

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<b>Tummy pain</b>	<p>Constipation</p> <p>Infection (eg parasites) Parasites can commonly cause pain and discomfort. A stool test can be helpful in identifying parasites and/or bacteria.</p> <p>Food Intolerances and allergies</p>	<p>Addressing constipation - see above</p> <p>Supporting a diverse diet through food and prebiotics is key to helping the good flora grow and crowding out the 'bad' flora. We are aiming to improve the balance of good over bad.</p> <p>Food intolerances can cause pain by triggering an immune response leading to pain and inflammation.</p> <p>An elimination diet is recommended</p>	<p>See recommendations above</p> <p>Using prebiotics (PHGG) as a supplement and prebiotics in food (pre biotic fibre cheat sheet).</p> <p>Supporting the gut with probiotics (like Metagenics Ultra Flora LGG) as well as antiinflammatories such as Metagenics Gut Care for Kids will support gut repair whilst on an elimination diet.</p>
<b>Infections (parasites, bacterial, viral)</b>	<p>Bacteria, parasites and viruses commonly enter the gut through water (eg tank water) and faeces (eg not washing hands, nail biting, thumb sucking).</p> <p>Whilst bacterial and viral infections tend to be acute, parasites can linger and cause ongoing problems.</p> <p>A healthy and diverse microbiome reduces the risk of long term issues from acute infections.</p>	<p>Acute: Support acute infections with hydration and electrolytes as well as probiotics</p> <p>Long term: Investigate filtration systems for your home if on tank water.</p> <p>Support diversity in the gut with a wholefood diet, exercise and time in nature.</p>	<p>Probiotics: Metagenics Ultra Flora Intensive Care or Activated Probiotics Biome Daily Kids</p> <p>Prebiotics: Ariya PHGG or Metagenics GI Regulate</p>