

Snoring Food - Is Your Diet Feeding Your Snoring?

Finding a solution to snoring can be sometimes be a matter of trial and error. What works for one person does not always work for another. There are some highly visible factors, such as obesity and smoking, which we know contribute to the problem of snoring. But there are also some factors which are not as obvious and can be easily overlooked in the battle to stop snoring. One of these factors is related to the snorer's diet. In particular, we are talking about the consumption of dairy products. Dairy products are known to increase mucous production in some people. This extra mucous can restrict the airway passages and lead to, or intensify, snoring. This is unfortunate, since many people believe that a warm glass of milk or a warm, milky drink before bedtime will help them to have a refreshing night of sleep. In fact, we now know that in certain people, the milk can exacerbate snoring! Other dairy products, such as cheese, can have the same effect. Try removing dairy products from your diet for a trial period of two or three weeks and see if there is an improvement in your snoring. If you are one of the people who is prone to snore because of dairy food consumption, then do not despair. It has been found that switching to products which are made from alternatives to cow's milk (such as soya milk or rice milk), will help you to reduce or stop snoring. It is especially important to avoid consuming dairy products later in the day. The nearer to bedtime, the more these products should be avoided if you want a night free from snoring. Even without dairy products, it has been noted that snoring may be made worse by a large, rich or fatty meal eaten late at night. So try to avoid eating large meals close to bedtime. Also, some people have varying degrees of intolerances to certain foods. These foods can cause inflammation of the digestive linings and air passages. The individual may be unaware that this is happening, but the resulting narrowing of the airways can cause snoring. If you suspect that this may be the case, it would be useful to keep a food diary, recording what you have eaten during the day. By linking this information with the severity of snoring during the night (you will probably need your partners input with this), you may be able to banish offending foods from your diet or plan their consumption for earlier in the day. If you wish to explore this option to help you stop snoring, please remember that we all need to eat a balanced diet. The consequence of removing a particular food or restricting the intake of a food group, should be discussed with a medically qualified professional. This is particularly important with dairy products, which provide a high proportion of calcium and other components needed for a healthy body. Keep the need for balanced nutrition in mind in your quest to stop snoring.

About the Author

Diet and fitness is the section for those who want to improve their health. Wading through all the different diets out there can sometimes.

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