# Doctor warns against fast eating and its impact on gut health



A medical professional has raised important concerns about eating habits, specifically the speed at which individuals consume food, warning that fast eating can adversely affect digestive health. Dr Karan Rajan, widely known as Dr Raj, shared his insights through a video on Instagram, where he has gained a following of 1.6 million people.

In his post, Dr Raj highlighted that while diet—particularly the consumption of sugar, salt, and ultra-processed foods—is often scrutinised, the manner of eating has received less attention. He stated that the pace of food consumption can significantly influence gut health and digestive efficiency. “The speed you eat has a significant impact on your overall gut health. When you eat too fast you can actually override multiple physiological mechanisms designed to optimise digestion,” he explained.

Dr Raj elaborated on the crucial role that initial digestion plays in the mouth, where carbohydrate breakdown begins with the enzyme amylase. He warned against hurried eating, stating, “If you're speed running your lasagne and you don't chew properly, food can reach your intestines in larger chunks and your gut bacteria have more undigested carbs to ferment, leading to excessive gas production.” He noted that thorough chewing enhances enzymatic action and nutrient absorption.

The repercussions of rapid eating may extend beyond digestive discomfort. Dr Raj mentioned that this behaviour could increase the likelihood of experiencing acid reflux and heartburn. He elaborated, “When you inhale food like a pig eating from a trough, this can overwhelm the lower oesophageal sphincter,” which is responsible for preventing stomach acid from flowing back into the oesophagus. Consequently, this leads to a heightened risk of acid reflux and discomfort.

Further health implications of consuming food too quickly include a greater urgency for bowel movements and even diarrhoea, attributed to what Dr Raj referred to as an "exaggerated gastrocolic reflex." Additionally, rapid eating may hinder the absorption of essential nutrients, contributing to feelings of excessive hunger post-meal. “Smaller slower meals help to modulate the gastrocolic reflex and prevent digestive distress,” Dr Raj advised. He emphasised that digestion is a gradual process, requiring adequate time for the body to secrete digestive fluids such as bile and enzymes.

Supporting Dr Raj’s insights, experts from the Cleveland Clinic have noted that completing a meal in less than 20 minutes could indicate eating too quickly. They explained that it typically takes between 20 to 30 minutes for the body to relay a signal to the brain indicating fullness, suggesting that quick eating could interfere with the body's natural cues.

To address these concerns, they recommend various strategies to slow down eating, fostering greater awareness of how quickly one consumes meals. Without providing further specifics, the Cleveland Clinic's advice aims at improving overall eating habits and enhancing digestive health.

Source: [Noah Wire Services](https://www.noahwire.com)

## References

* <https://www.youtube.com/watch?v=Lo1NYazdqiU> - This video features Dr. Karan Rajan discussing various health topics, including eating habits and gut health, which aligns with his insights on the impact of eating speed on digestion.
* <https://www.clevelandclinic.org/health/healthy-lifestyle/16562-eating-too-fast> - The Cleveland Clinic provides advice on eating habits, including the importance of not eating too quickly, which supports Dr. Raj's concerns about fast eating affecting digestive health.
* <https://www.healthline.com/nutrition/eating-too-fast> - This article discusses the negative effects of eating too quickly, such as poor digestion and increased risk of acid reflux, which corroborates Dr. Raj's warnings.
* <https://www.mayoclinic.org/healthy-lifestyle/nutrition-and-healthy-eating/expert-answers/acid-reflux/faq-20409406> - The Mayo Clinic explains how eating habits can influence acid reflux, supporting Dr. Raj's mention of rapid eating leading to increased risk of heartburn.
* <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC4425030/> - This scientific article discusses the physiological mechanisms involved in digestion and how eating habits can affect gut health, aligning with Dr. Raj's emphasis on proper chewing and digestion.
* <https://www.sciencedirect.com/science/article/pii/S2213453013000111> - This article explores the relationship between eating speed and digestive health, including the impact on nutrient absorption and gastrointestinal comfort, which supports Dr. Raj's advice on slowing down meals.