Abdominal & Urinary Problems

How Aging Affects Digestion

As you age, your digestive muscles move slower. Your body makes less acid. Other things can hamper the digestive system, too. These include:

- Increased use of medicines
- Getting less exercise
- Changes in eating habits
- Dental problems
- Loss of muscle tone and elasticity. This could be a factor in hiatal hernias and diverticulosis, which are common in persons as they get older.

© American Institute for Preventive Medicine. All rights reserved. www.HealthyLife.com