

# Quick Relief for Bloating



*That One Lamb*

## 1. Peppermint Tea or Capsules

- Peppermint relaxes the muscles of your digestive tract and eases trapped gas.
- Try a cup of peppermint tea after meals or a peppermint oil capsule (enteric-coated to avoid heartburn).

## 2. Ginger

- Acts as a natural anti-inflammatory and digestive aid.
- Try fresh ginger tea, ginger chews, or capsules before or after meals.

## 3. Warm Lemon Water

- Drinking warm water with lemon first thing in the morning or after a meal helps stimulate digestion and reduce fluid retention.
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## Diet Adjustments

### 1. Watch for Common Triggers

- Dairy (lactose intolerance)
- Beans, onions, garlic (gas-forming foods)
- Carbonated drinks
- Sugar alcohols (found in diet foods and gum — like sorbitol, xylitol, erythritol)

### 2. Eat Slowly & Mindfully

- Swallowing air while eating fast or chewing gum can cause bloating.
- Chew thoroughly, avoid straws, and limit talking while eating.

### 3. Smaller, More Frequent Meals

- Overeating at once can overwhelm digestion.
- Try 4–5 smaller meals instead of 2–3 large ones.

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## Hydration & Movement

### 1. Stay Hydrated

- Dehydration leads to water retention and bloating.
- Aim for half your body weight (in ounces) of water per day.

## 2. Gentle Movement

- Light walking or yoga (especially poses like “wind-relieving pose”) can help move gas through the intestines naturally.
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## Natural Supplements that Help

- Probiotics: Help balance gut bacteria (look for strains like *Bifidobacterium infantis* or *Lactobacillus acidophilus*).
  - Digestive enzymes: Especially helpful if bloating happens right after meals.
  - Magnesium citrate or glycinate: Helps relieve constipation-related bloating.
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## When to See a Doctor

If bloating is chronic, painful, or paired with nausea, diarrhea, or weight loss, it could be due to:

- IBS (Irritable Bowel Syndrome)
- Food intolerances (like gluten or lactose)
- Hormonal changes (especially around your cycle)

A doctor or nutritionist can help rule out food sensitivities or recommend a temporary elimination diet.

# Bloating Relief Shopping Guide

A natural approach to reduce bloating, improve digestion, and feel lighter every day.

## ■ 1. Teas & Natural Drinks

- Peppermint tea (loose leaf or bags)
- Ginger tea (or fresh ginger root to steep)
- Green tea or matcha
- Lemon (for warm lemon water)
- Chamomile tea (optional – calming, reduces water retention)

## ■ 2. Whole Foods That Reduce Bloating

- Fresh fruits: pineapple, kiwi, papaya
- Leafy greens: spinach, kale, romaine
- Cucumbers (natural diuretic)
- Bananas (high in potassium)
- Oats and brown rice (gentle on digestion)
- Yogurt or kefir (with live active cultures)
- Avocados (fiber and potassium)

- Lean proteins: chicken, turkey, fish
- Fresh herbs: parsley, cilantro, mint

### ■ 3. Supplements & Natural Aids

- Probiotic with Lactobacillus or Bifidobacterium
- Digestive enzyme blend (with bromelain, papain, lipase)
- Peppermint oil capsules (enteric-coated)
- Magnesium glycinate or citrate
- Apple cider vinegar with ‘the mother’
- Electrolyte powder (optional, to balance sodium and potassium)

### ■ 4. Lifestyle Support Items

- Reusable water bottle (stay hydrated)
- Herbal heating pad (for stomach comfort)
- Yoga mat (for light stretching)
- Measuring spoons or small blender

# Daily Bloating Relief Routine

- **Morning:** Drink warm lemon water or ginger tea.
- **Before meals:** Take digestive enzymes and a sip of apple cider vinegar water.
- **After meals:** Walk 10 minutes or sip peppermint tea.
- **Evening:** Take magnesium if constipated, and enjoy chamomile tea to relax.
- **Daily:** Stay hydrated and include probiotic-rich foods or supplements.