

3 Simple Fixes for a Bloating Belly – Even on Your Busiest Days



Beat the Bloat Without Overhauling Your Entire Diet

Quick, proven tips to feel lighter and more comfortable today, perfect for busy parents and professionals.

Fixes:

1. Start Your Morning with Warm Lemon Water

A glass of warm water with half a fresh lemon kick-starts digestion and gently stimulates bile flow. It takes less than a minute and wakes up your system. Additionally, have 1 tablespoon of apple cider vinegar diluted in a 50ml of water and drink this 5 minutes before your meal.

2. Swap Your Afternoon Sugar Fix for a Handful of Nuts

Sugary snacks spike blood sugar, which can slow gut motility and lead to bloating. Nuts stabilise blood sugar and provide magnesium to relax your gut muscles.

3. Take a Two-Minute Movement Break Every Hour

Sitting compresses your digestive organs. Stand, stretch, or walk a few steps to keep things moving and reduce trapped gas.

Important Tips:

- Chew Properly: Aim to chew your food until it reaches a paste to support enzyme activity.
- Hydrate Smartly: Sip water between meals rather than chugging large amounts while eating.
- Track Triggers: Notice if certain foods consistently cause discomfort. Dairy and Wheat based products are often culprits for many.

Next Step:

Feeling bloated is a sign your gut needs more personalised care. Book your Gut Health Reset Consultation today and get a tailored plan for lasting relief.

→ Book Your Consult Now: <https://nxtvlvhealth.com.au/book-now>