

4 Simple Fixes for a Bloating Belly

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.

4. Remove Trigger Foods

Avoid certain foods that are commonly known to bloat people such as: gluten (wheat, rye, barley), dairy, artificial sweeteners (sorbitol, xylitol, mannitol), carbonated soft drinks, beans, lentils, garlic and onions. Some fruits can also cause bloating like apples, pears and stone fruits. None of the foods are bad, but at the moment, your body and microbiome cannot process them properly.

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://nxtlvlhealth.com.au/book-now>