



BLOATING

Bloating happens when the GI tract becomes filled with air or gas that may cause pain, discomfort, and/or distension



Possible Contributing Factors

- Hypochlorhydria (low stomach acid)
- Low digestive enzyme production or signaling (often secondary to hypochlorhydria)
- Low bile production or flow (often secondary to hypochlorhydria)
- Dysbiosis and overgrowths
- Food sensitivities or intolerances (ex. dairy and lactose)
- Estrogen dominance
- Constipation

Lifestyle & Dietary Recommendations

- Practice eating hygiene (chew well, eat calmly and stress-free); not while working or mindless
- Eliminate refined & processed foods, vegetable oils, hydrogenated/trans fats & fried foods
- Eliminate alcohol, and caffeinated foods & beverages
- Hydrate away from meals (30 mins before or 2 hours after); no more than 1 cup (250ml) of water with meals if you have to
- Consider trying food combining principles
- Drink carminative herbal teas; anise, cinnamon, ginger, fennel, peppermint, lemon balm
- Consider an elimination diet for 30 days followed by a re-introduction: gluten, dairy, grains, eggs, yeast, soy, corn, peas, nuts

Supplement Considerations

- Digestive support (betaine HCL, pepsin, pancreatic enzymes)
- Digestive bitters
- Liver/gallbladder support formula (or bile salts if gallbladder removed)
- Magnesium glycinate (citrate form if constipated)
- Broad spectrum probiotic