

Beat the Bloat: 5 Naturopathic Ways to Tame the Tummy

Bloating isn't just uncomfortable—it's your body's way of saying something's off. Whether you're dealing with a daily food baby or occasional puffiness, these natural tips can help deflate the discomfort.

Start with Stomach Acid - Low stomach acid is one of the most overlooked causes of bloating.

- Try 1 tsp of apple cider vinegar in water 10 mins before meals.
- Or chew a slice of fresh ginger.

Slow Down & Chew - Digestion starts in the mouth.

- Aim to chew each bite 20–30 times.
- Avoid eating on the run or when stressed.

Track Your Triggers - Common bloat-inducers include:

- Gluten
- Dairy
- Beans/lentils
- Raw veggies (especially onion/garlic)
- Use a food + symptom diary to track patterns.

Herbal Help - Soothing herbal teas can ease bloat:

- **Peppermint:** relaxes gut muscles
- **Chamomile:** reduces spasms
- **Fennel seed:** reduces gas

Support Gut Motility - Gentle movement matters!

- Try walking for 10–15 minutes after meals.
- Consider magnesium citrate or a digestive bitters formula if sluggish.

Remember: Persistent bloating isn't normal. If it sticks around, book a gut check-in.