



# *Bloating SOS*

*The Essentials first Steps*

Key Steps to Eliminate Bloating &  
Improve Gut Health

# Welcome

Many people assume bloating is just about what you eat—but digestion is far more complex. Think of your gut as a finely tuned orchestra. Food is just one instrument, but the entire performance depends on the conductor (your nervous system), the musicians (gut bacteria), and the tempo (your digestive motility).

If any of these elements are out of sync, bloating can become a recurring problem.

Without identifying the root cause of your bloating, no elimination diet or supplement will offer a true, lasting fix.

Whether it's sluggish digestion, microbial imbalances, or stress shutting down your digestive process, the key is understanding why your system is struggling—so you can restore harmony from the inside out.



# Bloating is not just about food

## Common Bloating Causes:

### 1 Poor Digestion:

Issues like low stomach acid, slow gut motility, or enzyme deficiencies can hinder proper digestion.

### 2 Gut Microbiome Imbalance:

An overgrowth of harmful bacteria or insufficient good bacteria disrupts the digestive environment.

### 3 Nervous System Dysfunction:

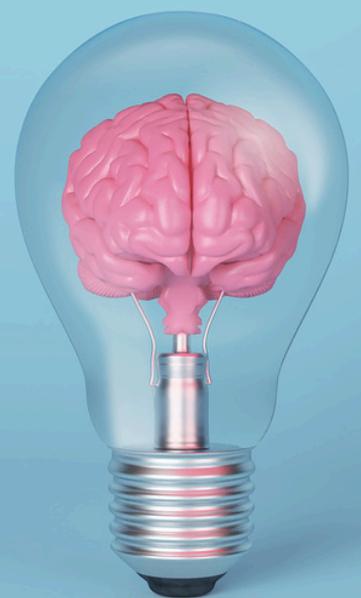
Stress and miscommunication between your gut and brain can negatively affect digestion.

### 4 Food Sensitivities:

Reactions to FODMAPs, gluten, dairy, or sugar can trigger bloating.

### 5 Posture and Movement:

How you sit, stand, and move can influence how your digestive system processes food.



# Quick Self-Assessment

## Find your Bloating Type

Use this simple checklist to identify what might be driving your bloating.

-Check Question	What It Means	Category (Possible Cause)
Do you feel bloated mostly after eating?	You may have enzyme deficiencies, low stomach acid, or slow gut motility (food takes too long to break down).	 Food-Related (Digestion Issues)
Do you feel bloated even when fasting?	Likely due to gut bacteria imbalance (SIBO, dysbiosis) or sluggish motility—gas is produced even without food.	 Gut Microbiome / Motility
Do you experience bloating along with stress or anxiety?	Stress can slow digestion, alter gut bacteria, and cause bloating via the gut-brain axis.	 Nervous System (Gut-Brain Connection)
Do you have constipation or irregular digestion?	Could be slow gut motility, poor diet, or gut microbiome imbalance. Check the Bristol Stool Scale to assess gut function.	  Gut Microbiome / Food-Related
Do you feel bloated after eating carbs or sugar?	Carbs feed gas-producing bacteria, leading to fermentation and bloating. This is common in SIBO and gut dysbiosis.	 Food-Related (Microbiome Imbalance)
Have you taken antibiotics in the past 6 months?	Antibiotics disrupt gut bacteria, which can lead to dysbiosis, bloating, and digestive changes.	 Gut Microbiome / Dysbiosis
Do you slouch or hunch over a lot while sitting?	Poor posture compresses your gut, slowing digestion and trapping gas in your intestines.	 Posture-Related (Digestion Flow)
Do you feel bloated if you lie down immediately after eating?	Lying down too soon can slow digestion and increase gas retention. Gravity helps food move properly through the digestive system.	 Posture-Related (Digestion Flow)

### Interpreting Your Answers:

- ✅ Mostly “Yes” in the Food-Related Category? → Focus on digestive enzymes, low-FODMAP diet, and gut motility.
- ✅ Mostly “Yes” in the Gut Microbiome Category? → Your bloating may be due to SIBO, dysbiosis, or slow gut transit—consider probiotics or a gut test.
- ✅ Mostly “Yes” in the Stress Category? → Work on stress management, deep breathing, and vagus nerve activation.
- ✅ Mostly “Yes” in the Posture Category? → Adjust how you sit, move, and avoid lying down right after eating to help digestion.

⚠️ *Disclaimer: This self-assessment is not a substitute for a medical diagnosis, but it serves as a starting point to help you understand potential triggers and take informed steps toward relief. Use this guide to identify patterns, explore what might be affecting you.*

# Strategies That Work for all IBS Types

## 1. Box Breathing - 2 Minutes

### How to do it:

- Sit in a comfortably with your back straight.
- Inhale slowly through your nose for 4 seconds.
- Hold your breath for 4 seconds.
- Exhale gently through your mouth for 4 seconds.
- Hold again for 4 seconds before repeating.
- Focus on slow, controlled breaths.

### ✓ Why it helps:

- Activates the vagus nerve → Switches your body into "rest and digest" mode, improving gut function.



## 2. Seated Torso twist

### How to do it:

- Sit up straight with your feet flat on the floor.
- Place your right hand on the outside of your left knee and gently twist your torso to the left.
- Take 5 deep slow breaths
- Return to the center, then repeat on the right side.

### ✓ Why it helps:

- Stimulates digestion → Twisting gently massages the intestines, helping food move through your gut.



# Strategies That Work for all IBS Types

## 3. Child Pose (Relax & Digestion)

### How to do it:

- Kneel on the floor and sit back onto your heels.
- Extend your arms forward and lower your chest toward the ground.
- Rest your forehead on the floor and take slow, deep breaths.
- Hold for 60 seconds, focusing on relaxing your belly

### ✓ Why it helps:

- Gently compresses the abdomen → Helps release trapped gas and reduce bloating.



## 4. Abdominal Tapping

### How to do it:

- Stand or sit comfortably with your feet flat on the floor.
- Use your fingertips to gently tap around your abdomen in a circular motion, starting from the lower right side, moving up, across the top of your belly, and down the left side (following the path of your colon).
- Tap lightly but rhythmically for 30-60 seconds.

### ✓ Why it helps:

- Stimulates the vagus nerve → Helps activate the "rest and digest" mode, improving gut function.



# The 80/20 Gut-Friendly Plate

The balance of foods you eat can either feed harmful gut bacteria or support a healthy digestive process.

Adopt this simple meal ratio to create a gut-friendly plate:

- 50% Cooked Vegetables:  
Easy-to-digest options that are gentle on your system.
- 30% Quality Protein:  
Supports the repair and maintenance of your gut lining.
- 20% Healthy Fats:  
Assists in smoother gut motility.



Consider adding digestive bitters such as lemon or apple cider vinegar before meals to stimulate digestion.

## Strongest to Mildest Bitters for Bloating:

1. Arugula
2. Radicchio
3. Endive
4. Cumin
5. Turmeric
6. Ginger
7. Fennel
8. Peppermint
9. Orange peel
10. Lime
11. Lemon

*I didn't include Dandelion and Chicory (both strong natural bitters) because they may worsen bloating, especially for those sensitive to FODMAPs or fermentable fibers*

# The Bloat Free 7 Day Action Plan

Track your progress over the next week with these daily action steps. Mark off each step as you complete it.

## MONDAY

- Box Breathing before meals
- Eat mindfully (no distractions)
- Take a 5-10 min post-meal walk
- Balance your meal ratio
- Seated Torso twist

## TUESDAY

- Box Breathing before meals
- Eat mindfully (no distractions)
- Take a 5-10 min post-meal walk
- Balance your meal ratio
- Seated Torso twist

## WEDNESDAY

- Box Breathing before meals
- Eat mindfully (no distractions)
- Take a 5-10 min post-meal walk
- Balance your meal ratio
- Seated Torso twist

## THURSDAY

- Box Breathing before meals
- Eat mindfully (no distractions)
- Take a 5-10 min post-meal walk
- Balance your meal ratio
- Seated Torso twist

## FRIDAY

- Box Breathing before meals
- Eat mindfully (no distractions)
- Take a 5-10 min post-meal walk
- Balance your meal ratio
- Seated Torso twist

## SATURDAY

- Box Breathing before meals
- Eat mindfully (no distractions)
- Take a 5-10 min post-meal walk
- Balance your meal ratio
- Seated Torso twist

## SUNDAY

- Box Breathing before meals
- Eat mindfully (no distractions)
- Take a 5-10 min post-meal walk
- Balance your meal ratio
- Seated Torso twist

# What's Next?

Now that you've completed the 7-Day Bloat-Free Action Plan, here's how to continue improving your digestion and making long-term changes:

## ✓ Track Your Progress

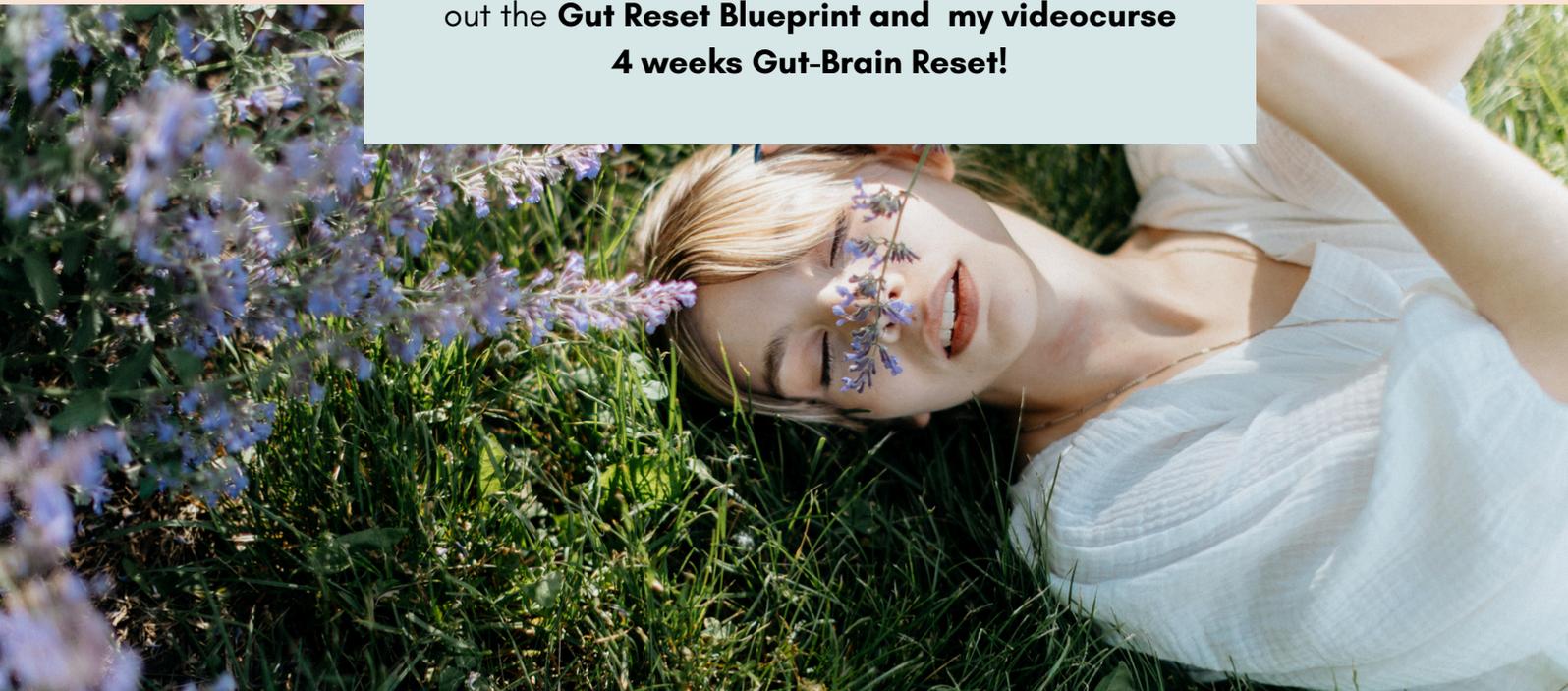
- Keep a bloating journal for the next 7-14 days to identify patterns.

Track:

1. What you eat & drink
2. When bloating occurs (before/after meals, stress-related, posture, etc.)
3. Stool consistency
4. Energy levels & mood

## Want a Complete Gut Reset?

If you're ready to fix bloating long-term, improve gut health, and build a bloat-free lifestyle, check out the **Gut Reset Blueprint and my videocourse 4 weeks Gut-Brain Reset!**



# About Me

With a Msc in Human Nutrition and specializations in Psychobiotics, Inner Therapy, and Mindful Eating, I've developed a targeted, science-backed approach to relieving IBS symptoms and addressing the impact of stress on both the body and mind.

I integrate mind-body techniques inspired by neuroplasticity, helping you release both physical and emotional tension that may be fueling your digestive issues.

Symptoms like bloating, constipation, anxiety, and persistent tension are rarely just surface-level problems—they're often the result of a deep imbalance between the gut and the brain.

This guide is your first step toward understanding your body, breaking free from bloating, and reclaiming control over your well-being.



*Glenia*



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