

Heal Your Hormones

Bloating (What To Do)

What Causes Bloating

- NOT eating mindfully!
- Low stomach acid
- Helicobacter Pylori (H-pylori)
- Candida (fungal overgrowth)
- Poor digestion in general
- Pancreatic insufficiency
- Liver overload/dysfunction
- Inability to break down protein, sugar and carbohydrates
- Fluid retention (can be an indication of liver disease or abdominal infection)
- Dehydration
- Constipation
- Food allergies or sensitivities (histamine response)
- Lactose intolerance
- SIBO (small intestinal bacterial overgrowth) - overgrowth of abnormal bacteria
- Infection
- Hormonal changes
- Bowel obstruction/cancer
- IBS/Ulcerative Colitis/Celiac Disease
- Poor sleep

Foods that Help Relieve Bloating

- Probiotics
- Prebiotics - foods that feed beneficial bacteria (**non-digestible fiber compounds that are degraded by gut microbiota**) - fructooligosaccharides, inulin and galactooligosaccharides
- Apple Cider Vinegar
- Fermented foods: live sauerkraut, kimchi, coconut aminos, tempeh
- Water rich produce - all vegetables!
- Herbs and Spices - ginger, peppermint, cumin, mint, ginger, fennel (chew on fennel seeds)
- Teas - Chamomile, fennel, caraway, mint, ginger, detox teas
- Cooked Vegetables while healing

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Things to avoid

- Carbonated beverages
- Sugar in all forms!
- Gum - even xylitol due to sugar alcohol
- Grains, gluten, dairy, legumes and any foods that may be new/different
- Raw cruciferous vegetables (cabbage, broccoli, brussel sprouts, cauliflower, collard greens, watercress, radishes, wasabi)
- Unsprouted beans and legumes - peanuts and cashews
- Artificial sweeteners - kill beneficial bacteria
- Alcohol
- Coffee/black tea - any dark beverages
- Saying YES when you want to say NO
- People pleasing (see above)

What You Can Do About Bloating

1. Eat mindfully - chew your food well - follow Robin's Food Rules for Hormone Balance
2. Increase stomach acid: ACV or Betaine HCL with Pepsin
3. Take digestive enzymes to better break down your food
4. Support liver function
5. Slowly increase fiber
6. Be hydrated - drink enough water
7. Get your bowels moving - have a bowel movement every day
8. Elimination diet (Detox Program) - figure out YOUR food sensitivities
9. Try a low histamine diet
10. Get your hormones balanced - especially before menstruation - by eating a more cleansing diet (i.e. lots of soups, cooked vegetables) of easy-to-digest foods
11. Take probiotics to improve microbial balance
12. Do a stool test to find out what's going on! (GI Map)
13. Address stress/anxiety - overrides parasympathetic nervous system
14. Say a blessing before each meal
15. Bouncing your body: rebounder, skipping, going down stairs, anything that gets your body bouncing!
16. Get outside in nature