

NO MORE BLOATING FOR YOU!

Dr. Tracy's Guide to a Flatter Tummy



TAKE IT SLOW

To prevent bloating, your stomach needs to be a powerhouse. Give your stomach a fighting chance by chewing each bite 10 times before swallowing and enjoying each meal for 20-30 minutes.

PERFECT SIZE

If your portions are too large, you'll overwhelm your digestive system.

Each meal should not have more than 2 cups vegetables with 1/2 cup cooked grains or a portion of protein the size of your palm.



LESS RAW!

Raw vegetables are difficult to digest and can cause more bloat as they slow down your digestion. Limit raw vegetables to 1 cup per meal. You can still enjoy salads by topping fresh greens with roasted or steamed vegetables.



PERFECT PAIRS

Poorly combining food groups in a meal will cause them to ferment in your gut. This creates massive bloat. Follow these simple rules to prevent this from happening:

- Eat fruit alone (2 hr away from other meals)
- Never combine grains and protein
- Combine vegetables with protein (animal or plant)
- Combine vegetables with grains

ONLY AT YOGA

Tight clothing such as yoga pants, leggings and sports bras apply pressure on your gut, can slow down digestion and make you feel more bloated than you really are! When not at the gym, wear looser clothing.



TEA TIME

If you are feeling gas buildup, pain and bloating after a meal, try some herbal teas for relief:

- Peppermint
- Chamomile
- lavender
- Fennel



STILL BLOATED?

If you still experience bloating after trying my top six tips to banish bloating for good, you may have something more complex going on in your gut that needs to be healed.

This is where Naturopathic Doctors (NDs) such as myself excel. We take the time and energy needed to look deeper into your symptoms and treat the root cause.

A CLOSER LOOK

I help patients decode their symptoms and use in depth functional lab testing to uncover the true causes of their ill health. Bloating can be a sign of poor digestion, food allergies, or a bacteria imbalance among other things.



CALL ME

You deserve to know the root cause of your problems and feel great. I want to help you do just that!

Dr. Amanda Tracy, ND
Advanced Health & Wellness
(978) 475-7676

www.advancedhealthonline.com