

REASONS WHY YOU ARE GETTING BLOATING

- 1) not chewing enough
- 2) eating too much
- 3) lacking digestive enzymes
- 4) gut bugs
- 5) food & lectin intolerances
- 6) leaky gut
- 7) low estradiol
- 8) stress trashing the gut lining
- 9) not enough water
- 10) too sedentary

HOW TO TELL WHICH IS WHICH

Start journaling daily what you ate and how you feel; when does the bloat show up – can't manage what you aren't tracking; gotta do this at least a month to know what's up

1) not chewing enough – chew 25 times per bite, only focus on eating, no multitasking this makes this really hard

Or chewing all the time – gum can cause excess air to get into your gut causing bloating as well.

2) eating too much – do you know what a normal portion looks like? Often we can't make enough enzymes to counter the excess food so it sits and ferments. What about too much of one thing – too many carbs? What about too much raw cold food. What about sugar?

3) lacking digestive enzymes – not breaking down certain foods – smelly gas? Fetid – meats, fruity? Carbs something died? Fats

4) gut bug imbalance – yeast most common, then bacteria – all based on your diet – different bugs in excess with keto vs paleo or carbaholic diet. Often feel good on keto because you're not feeding the fermenting bugs – biocidin

5) food/lectin intolerances – some foods might disagree with you - likely due to leaky gut if not an anaphylactic reaction food.

Most common allergies:

wheat, dairy, soy, corn, nightshades, mushrooms, green beans, high sulfur foods (eggs, garlic, onions); high histamine foods (esp if rashes) this is why a journal is awesome

Lectins: legumes, squash, grains, nightshades – boil, ferment, sprout, pressure cook to lower/eliminate lectins in these foods

6) leaky gut – explain, food in blood stream, immune reactions – muscle aches, rashes, Autoimmune disease

7) low estradiol – menopause issue, estradiol maintains gut lining, diarrhea

8) stress trashing the gut lining – stress causes leaky gut, stress eating, eating when stressed slows down food because blood in the arms and legs not the gut to focus on moving food down the tube; constipation or diarrhea can have a foundation here

9) not enough water – dehydration is an issue need water to split food molecules in the breakdown process, can't extract enough from sodas, coffee dehydrates so does alcohol (yeast in alcohol ferments in the gut)

10) too sedentary – sitting for too long compresses the intestines, psoas tightens clamps on same nerves needed for gut motility, long drive or flights get bloated? Same thing; chronic back pain – same nerves go to the gut – open up the psoas get bloat down

SO YOU'RE BLOATED RIGHT NOW WHAT DO YOU DO - digestive enzymes, papaya, pineapple, kiwi; runners pose/up dog, foam roll the abdomen, yoga poses -

https://www.huffingtonpost.com.au/2016/12/20/bloated-here-are-10-yoga-poses-to-help-digestion_a_21630479/

HOW TO COUNTER THE BLOATING

1) not chewing enough – CHEW MORE

Don't chew too much gum – air gets trapped in the gut with excessive gum chewing

2) eating too much – portion control – ladies vs guys different start with precision nutrition's Calorie Control Guide (in podcast notes) basics on portions

3) lacking digestive enzymes – if ACV (apple cider vinegar) (hard on teeth enamel) works you could switch to Swedish Bitters/Urban Moonshine Bitters

- does meat feel like it sits in the stomach – BPP Thorne or simpler version – Papaya Enzymes by American Health
- fatty foods an issue – don't have a gallbladder/ or you have floating greasy stools – Dipan 9 Thorne
- not sure what's up with your gut – Digestzymes by Designs for Health or Digestive Enzymes Ultra by Pure Encapsulations.
- Got acid reflux? – avoid digestive enzymes with HCL (hydrochloric acid). Might need licorice root – Douglas Labs – Licorice Root V if you take enzymes with HCL to avoid acid reflux.

4) gut bugs – alcohol/bread/beer/wine/fruit/carbs/sugar = major bloat likely yeast imbalance especially if diabetic/prediabetic/sugars elevated on the regular.

- Veggies and fruit bloat – could be bacteria
- Parasites associated with diarrhea or constipation travel/camping/domestic animals (don't share food and utensils with your pets)
- Gut bugs release LPS – toxins into gut causing bloating – Mega IgG 2000 by Microbiome Labs helps gut bug toxins
- Stool testing – Viome, Smart Gut or Doctor's Data
- OAT testing – Great Plains Labs

5) food & lectin intolerances – processed foods (sensitivity to dyes and food additives), ALCAT testing and avoidance or limiting – don't eat all in one day – rotation get out of food rut, eat clean/organic/non-processed foods

6) leaky gut – eat clean/organic/non-processed but do leaky gut protocol – L-glutamine – Pure Encapsulations – 3-6 grams a night,

glycine – Vital Nutrients – 3 grams a night with L-Glutamine, MegaMucosa or Mega IgG 2000 by Microbiome labs, Licorice Root (Douglas Labs Licorice Root V or Integrative Therapeutics Fructose Free Rhizinate chewables or marshmallow root powder, probiotic – Orthobiotic Orthomolecular, Megaspore – Microbiome Labs

7) low estradiol – black cohosh, Bioidentical hormones, 2 tbsp of ground flax and chia a day

8) stress trashing the gut lining – heal leaky gut daily, manage stress eating, watch portions, don't overload the gut, eat when calmer vs when amped up

9) not enough water – at least ½ your body weight in water a day

10) too sedentary – movement daily, foam roll the abdomen, psoas stretching; loosen up the back

Resources from the Show:

- 15 Ways to Reduce Lectins in Your Diet – Dr. Gundry, MD - https://gundrymd.com/reduce-lectins-diet/?src=aw&gclid=CjwKCAiAu_LgBRBdEiwAkovNsOOBIUjH0klpx6NINiswtxLkB_f3clEd4see_BIMb0Ya78N6QZwLNRoCziYQAvD_BwE
- Precision Nutrition's Calorie Control Guide - <https://www.precisionnutrition.com/calorie-control-guide-infographic>

- Yoga Poses for Bloating - https://www.huffingtonpost.com.au/2016/12/20/bloated-here-are-10-yoga-poses-to-help-digestion_a_21630479/
- Add in all supplements
- 10 Yoga Poses That Will Help With Bloating, Back Pain and More - <https://www.health.com/stress/10-yoga-poses-that-help-with-bloating-back-pain-and-more>
- Alcat Food Sensitivity Testing - <https://cellsciencesystems.com/patients/alcat-test/>
- Viome Testing – What’s in Your Gut Microbiome? - <https://www.viome.com/>