

BEAT THE BLOAT STARTER GUIDE

Relieve bloating and other
digestive issues without giving up
your favourite foods

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Hi I'm Katherine!

Registered Holistic Nutritionist and
Founder of the [Guts to Heal Program](#).

I teach busy, overwhelmed adults a simple way to relieve bloating and other digestive issues without giving up your favourite foods!

When I was struggling with bloating, I was forever frustrated! I was hungry, yet not. I wanted to eat, but what? I couldn't identify what was making me bloat. I was uncomfortable and embarrassed, frequently sucking in my gut in public or unzipping my pants in private.

I tried to avoid bread, cheese, and sugar. It helped, but it was so hard (and no fun)! Worse, if I cheated, my symptoms just came back. I despaired that I'd ever eat normally again.

Later, I noticed a pattern. New clients who were eating all the "right" foods were still suffering from bloating! It made me wonder.

When I figured out that bloating had less to do with WHAT we ate, than HOW, I felt liberated! I knew I had to share these simple eating practices with every belly.

That's what this [Beat the Bloat Starter Guide](#) is all about - giving you 5 steps to better digestion so that you can eliminate bloating, improve digestion, and FINALLY eat normally!

I'd love to hear how this works for you. [Tell me all about it here.](#)

Katherine

BEAT THE BLOAT STARTER GUIDE

KEY FACTS

Bloating is a result of weak digestion. It is most often caused by:

- delayed emptying of the stomach (gastroparesis).
- too much gas in the intestines caused by bacterial imbalance (dysbiosis), and/or
- reaction to an ingested food or organism (food intolerance).

HERE'S WHAT TO DO

While some cases of bloating may require a change in diet, there are a few simple changes you can try first to beat the bloat.

Let's take a look...

MEDICAL DISCLAIMER:

All information contained within this guide is for informational purposes only. It is not intended to diagnose, treat, cure or prevent health problems – nor is it intended to replace the advice of a qualified medical or health professional. No action should be taken solely on the contents of this guide. Always consult your physician or qualified health professional on any matters regarding your health or on any opinions expressed in this program. The information provided within this guide is believed to be accurate based on the best judgment of the author, but the reader is responsible for consulting with his or her own health professional on any matters raised within. We do not assume liability for the information contained within this guide, be it direct, indirect, consequential, special, exemplary, or other. It is advisable to consult your physician before changing your diet, starting an exercise program, or taking supplements of any kind.

CHEW CHEW CHEW

It seems like a no-brainer, but did you know that the average person only chews 3-6 times per mouthful?

Chewing less means our digestive organs have to work harder to finish the job (read: delayed). Lengthy digestion means we will suffer more from gas, bloating, heartburn, and fatigue.

When we chew more, substances in our saliva begin the digestion of carbohydrates and help alkalize our food. This triggers our stomach to secrete gastric acid that is necessary for effective digestion. Saliva even contains hormones that help regulate our appetite, so we eat less!

Aiming to chew 20-30x per bite or until your food is liquefied is the number one way to improve your digestion!



EAT IN PEACE

Excessive negativity and worry triggers our fight-or-flight response and turns off digestion. When we relax and eat mindfully, we feel safe and our bodies are ready to receive nourishment.

Relaxation is key for the production of saliva and other secretions required for digestion. No wonder we can't convince an upset child to eat - their body knows it can't process food at this time.

So,

*pull out
some fancy
table
settings or
put on some
music,*

and take time to set up a relaxing atmosphere where mind, body and spirit can be nourished!





DRINK BETWEEN MEALS BUT NOT WITH THEM

We need water to produce all the fluids required for digesting and detoxing, but too much fluid at meal time will dilute gastric juices and slow down digestion (read: gas!).

Better to drink before your meals, or stick to small sips of room-temperature water during meals, if necessary.

TAKE DIGESTIVE ENZYMES

For some people, thoroughly chewing their food reduces bloating all by itself. However, if you are still experiencing some bloating or other digestive problems like heartburn, stomach ache or nausea, try taking a digestive enzyme supplement with every meal. Look for gelatin capsules that contain at least these four ingredients: amylase, protease, lipase, and betaine hydrochloride.



ADD A FERMENTED FOOD TO YOUR DAY

Sometimes bloating is a problem caused by bacterial imbalances in your intestine. Try adding a fermented food to each day like sauerkraut, dairy or coconut kefir, or kombucha. Start with a small amount, like 1-3 tablespoons, and work your way up to a ¼ cup or more a day.

You can go [here](#) to try one of my favourite recipes!

NEXT STEPS

The next step to keep the bloat away is to learn WHY you are bloated in the first place. Perhaps you think it is caused by certain foods? Or maybe you have symptoms that you sense are connected and you'd like to know how?

I'm certain you have tried eliminating foods and followed different diets but nothing is helping.

Bring your questions to my [It Takes Guts Community Facebook group](#). I know how confusing and embarrassing gut problems are (Read my story [here](#)) and I have over 8 years of experience helping busy folks obtain relief from their gut issues. I can help you too.

Email me or [CLICK HERE](#) to join us as we learn to beat the bloat, and keep it away!

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Cocoa-Kefir Latte

This delicious dessert is always a hit with kids and adults alike, and a great substitute for those sugar and chemical laden dessert coffees.

Ingredients:

- 1 can Coconut Milk (I use Arroy-D)
- ¼ cup Plain Milk Kefir
- 1 Tbl Cocoa powder
- 1 tsp Fine Ground Espresso Coffee Beans (decaf)
- 1 Tbl Maple Syrup (optional)

Directions:

Stir, shake or blend all the ingredients together. Consume immediately or allow to refrigerate for a couple hours so the flavours can really blend together.

