

BANISH THE BLOAT

With these 6 habits wave
goodbye to the painful post-
lunch bloat



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Hello there,

My name is Serena, I'm a BANT registered nutritionist, and gut health geek! I'm so pleased you have downloaded my ebook to begin your journey to better digestive health and a life without bloat!

This guide is packed with realistic habits and adjustments you can implement, as well as some gut-nourishing and soul-soothing recipes for good measure.

I want to empower everyone to live their happiest and healthiest life - so let's get started!

So, you gut bloating?

The first step to your bloat-free life is to figuring out why this is happening to you. Yes, I can hear your eyes rolling already "but Serena if I knew why I was bloating I would have put a stop to it already." I know, I know, but it's not always that simple.

Identifying the root cause may be complicated, and sometimes requires testing of hormones and bacterial colonisation of the gut, however this isn't always the case.

Your bloating could be a result of:

- food intolerance
- constipation
- dietary triggers
- stress
- a sedentary lifestyle.

Even if you can narrow it down to stress or a dietary trigger this will help you adjust the way you address it.

I'll show you how to figure this out.

MEDICAL DISCLAIMER

The information presented here and on any links does not constitute any health or medical advice. Please seek advice from your healthcare provider or doctor for your particular health concerns before changing your healthcare routine, dietary requirements or relying on this information. The information contained in this ebook are just our personal opinions and for information purposes

1. Check in with yourself

WHAT. If you are suffering with digestive discomfort, there's a good chance you've heard of a food diary. You may have even tried to keep one before.

WHY. You might be tempted to skim past this part, but please don't. You may think you know your body really well but often it's not until we pause to take note that we notice what our body is telling us. So I urge you to try it for a minimum of a week and see if there is anything shouting out at you.

HOW. Many digestive issues, including bloating, are triggered by stress, so I prefer a food-symptom-mood diary with my clients to log the effects everything has on your gut (see below).



Food Symptom Diary

Date:

Working: yes no

Exercise: yes no

M T W T F S S

Time	Food	Drink	Symptoms	Mood

2. How do you eat?

WHAT. Do you sit down or eat on the go?
Do you watch television or scroll Instagram while you eat?
Do you chew your food or swallow it whole?
Do you chug a lot of fluids around mealtimes?

These all have an influence over your digestion.

WHY. Digestion begins in the brain, from the very moment we start thinking about eating. When that first thought of food enters our mind, our digestive system begins producing all of the digestive enzymes and acid required to break the food down. Chewing your food is key for that first stage of digestion, it increases the surface area of your food, allows the digestive enzymes in saliva to begin breaking down your food and allows your body to recognise that you have begun eating.

HOW. Take the time around your meals to stop, recognise your needs, enjoy the taste of your food and chew thoroughly. Ideally we want to be chewing food 20-30 times per mouthful but this will vary depending on what you are eating. For example a piece of meat is tougher to chew down than a slice of avocado.

3. Get hydrated

WHAT. Do you track your water intake? Have you ever been to the toilet only to notice your urine looks more like tea than water? Hydration is so key for overall good health and simply for our bodies to function.

WHY. Our entire gut runs on good hydration, we need it to produce saliva, stomach acid, a protective mucus layer and to keep things moving. By producing stomach acid and helping motility in the colon it plays a role in keeping pathogenic bacteria and toxins away, a common cause of bloating. Dehydration can lead to constipation, which in turn increases bloating, cramping and general discomfort.

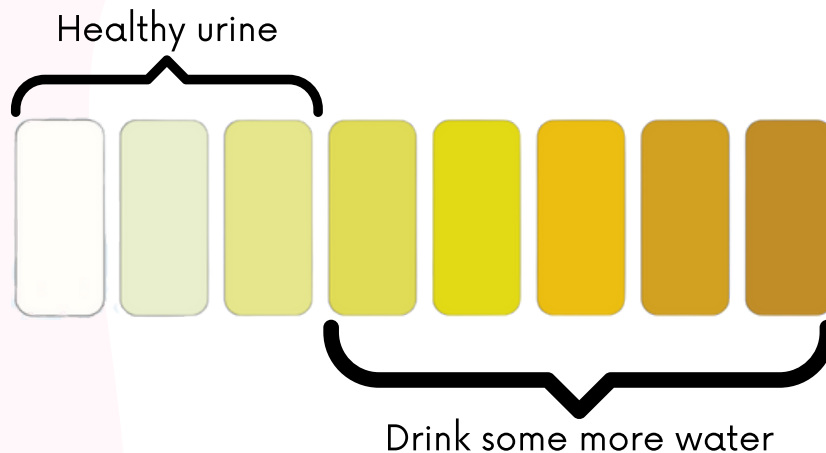
HOW. How much water should you be drinking? You've no doubt seen figures varying from 1L to 4L but it is very personalised. Weight, sweat, pregnancy and breast feeding all play a role in determining how much we need to consume. If you know your weight, on a fairly inactive day you should be aiming for 33 mL per kilogram of body weight, for

example:

$$60 \text{ kg} * 0.033 = 2 \text{ litres,}$$

$$70 \text{ kg} * 0.033 = 2.3 \text{ litres}$$

If you are unsure of your weight, start by aiming for 2L and monitor your thirst cues and urine colour to guide you.



What can you drink?

It doesn't need to be boring plain water to be included in your fluid intake, any non-caffeinated drink will do the trick.

Caffeinated drinks (coffee, energy drinks, black tea) are diuretics, increasing your urine output and dehydrating you more.

My favourite drinks:

- Water infused with lemon, mint or cucumber
- Herbal tea blends such as lemongrass and ginger, peppermint or a night-time blend
- Hot infused water, just adding a couple of slices of ginger to some boiling water can be perfect!

4. Have a bitter starter

WHAT. As we've covered, a big cause of bloating can be that our digestive system isn't prepared to digest. The stomach acid and digestive enzymes aren't flowing and ready to break down the mix of fats, protein and carbohydrates you are introducing it to. Sometimes we just need to give the body a kick start, and we can use bitter foods to do that.

WHY. Bitter foods trigger the release of your digestive juices (stomach acids and digestive enzymes) to support your digestion of larger meals and ease off the bloating.

What are bitter foods?

Rocket	Apple cider vinegar (ACV)
Bitter melon	Chicory
Endives	Grapefruit
Ginger	Cacao

HOW. How should I be eating them?

A lovely way to include bitter foods in your diet is through a small salad before your main meal, for instance a salad of chicory or rocket with a simple olive oil and apple cider vinegar dressing. Alternatively you could add these into your meals, for instance ginger and soy salmon or cacao lentil chilli. The simplest method would be to dilute one teaspoon of ACV in a glass of water, and drink this before your meal. However doing this everyday for an extended period of time can damage tooth enamel so it's not advised long-term.

5. All about the plants

WHAT. Plant foods provide fibre, vital for digestive health and the variety supports out gut bugs. Most of us do not eat enough fibre, in fact as little as 9% of the UK population meet the daily recommended fibre intake.

WHY. There can be a lot of fear around fibre, particularly if you suffer from diarrhoea as we know it helps move things along. However, there are two types of fibre: soluble fibre which soaks up the extra water and creates a more formed stool (good for diarrhoea) and insoluble fibre which promotes the movement of stool through the digestive tract (good for constipation).

There are two main categories of fibre:

<u>Insoluble Fibre</u>	<u>Soluble Fibre</u>
Wholegrains	Oats
Beans and lentils	Broccoli
Peas	Berries
Nuts	Sweet potato
Root vegetables	Citrus fruits

HOW. When it comes to plant foods, I like to use the rule of 30, that is:

- 30 g fibre per day. For example a sweet potato with black bean chilli would be roughly 14 g of fibre.
- 30 different plant foods per week. This sounds like a lot but once you start tracking it you'll realise how quickly it adds up. You can include fruits, vegetables, spices, herbs, beans, etc..

6. Take a breather

WHAT. Picture it, you've just come out of a stressful meeting, you have 5 minutes to grab some food before you jump on your next call. What do you think your body is doing in that moment? Is it preparing to digest and absorb the gorgeous nutrients you are presenting to it? No. It's in fight or flight mode. It's directing all of the energy reserves to your brain and muscles, not to your digestive system, that's not seen as important to it right now.

WHY. To ensure our body is ready to receive food we need to address this stressed state and switch from fight to flight to rest and digest. If you want to use the technical language, we need to activate our parasympathetic nervous system, a state where our digestive system functions properly. Once in this state our digestive juices will begin to flow and we can get the most out of our food.

HOW. Much of the content out there on mindful eating over complicates the matter and will tell you to take about 5 minutes over each mouthful of food in order to be truly mindful. I disagree with this approach because a) my meal will get cold and b) I do not have the time during the work day to implement this.

My method is simpler:

1. If possible, don't eat where you work.
 2. Put your electronics away while you eat.
 3. Take 5 deep breaths before you start eating.
- Follow this with every meal and see how you feel.

Meal Plan Example

Breakfast

Banana Bread Granola with Greek Yoghurt and Cherries

Lunch

Eggs and Veggies 5 Ways

Dinner

Salmon Stirfry

Snack

Stewed apples with peanut butter
Hummus and crudites

Drinks

Water, ginger tea, peppermint tea, hot water and lemon

Just a note to say this is not representative of what everyone will need to eat in a day. You may need more, you may need less, I do not know your personal requirements.

Banana Bread Granola

- 1 medium banana - mashed
- 1/4 cup coconut oil
- 1/4 cup honey
- 1 tsp vanilla extract
- 3 cups oats
- 1 tbsp chia seeds or flax seeds
- 1 cup mixed chopped nuts and seeds - I use almonds, walnuts, pumpkin seeds and sesame seeds
- 1 tbsp coconut sugar
- 1.5 tsp cinnamon
- pinch of sea salt



Preheat the oven to 180°C/160°C fan.

Mix the oats, cinnamon, sugar, salt, seeds and nuts together in a large bowl.

In a pan over low heat, warm the coconut oil, honey and vanilla until melted. Remove from the heat and whisk in the mashed banana.

Pour the wet ingredients over the dry and mix well.

Spread the mixture across two baking trays to avoid overcrowding, squeezing some of the mixture as you go to form chunks.

Bake for 23 minutes, until golden - careful the nuts may catch.

Remove from the oven, toss to release heat and transfer to a large baking dish - this helps the granola crisp up as it cools.

This should last for 7 meals or countless snacks!

Top tips: serve with greek yoghurt, as it is full of protein and will help balance the sugar. Use defrosted frozen bananas as they are easier to mash!

Eggs and veggies

This one is less of a recipe and more to inspire you to get creative in the kitchen - eggs are the easiest way to do that.

Fried eggs in grass-fed butter, with baked sweet potato, and roasted beetroot, peppers and courgette. The potato and veggies can be cooked ahead of time and reheated in the oven for 10 minutes.

Scrambled eggs on rye bread with pesto with roasted red peppers and tomato.

Frittata with sweet potato, squash, kale, onion and feta. Roast extra veggies with your next dinner and keep them in the fridge to throw in a speedy frittata.

Poached eggs on a pesto grain bowl with a leafy green salad. Perfect on a warmer spring day, cook a mixture of whole-grains (e.g. brown rice, buckwheat, etc.) ahead of time so they can be reheated on the hob with a little vegetable stock and pesto.

You can stick with a classic of eggs and avocado or mix it up by swapping the avocado for a pea mash. Top this with mixed seeds and fresh herbs for extra plant diversity.



Salmon Stir-fry



2 salmon fillets (can sub for trout or firm smoked tofu)

Marinade

4 tbsp grated ginger, 2 cloves garlic, crushed

1 tbsp soy sauce (tamari if gluten free)

1/2 lime juice

Stir-fry

1 tbsp ginger finely chopped

2 tbsp soy sauce

1 tbsp sesame oil

150g mushrooms, sliced

2 large carrots, batons

2 bell peppers, sliced

100 g tenderstem broccoli, halved

2 servings of rice noodles, I like King Soba pumpkin & ginger

Toppings - black and white sesame seeds, crushed nori, spring onion, fresh chilli, kimchi, lime juice

Preheat the oven to 200C/180C fan.

Combine the grated ginger, crushed garlic, 1 tbsp soy sauce, and half the lime juice together in a bowl. Add this mixture to the fish and wrap into a parcel with baking paper.

Place in the oven and cook for 15 minutes (dependent on size of fish).

Add 1 tbsp coconut oil to a frying pan or wok, once melted add in the garlic, ginger and fresh chilli., cook on a medium heat until fragrant (2-3 minutes), throw in the veggies and cook to your liking.

While this cooks, prepare your rice noodles according to pack instructions. Combine rice noodle, veggies, soy sauce and sesame oil, tossing to combine. Plate up with the fish, and your choice of toppings.

Top tip: cook extra fish to have cold in a grain bowl the following day.

Stewed Apples

2 large bramley apples
juice from half a lemon
8 cloves
2 tsp cinnamon
2 tbsp water

Chop the apples (skin on for added fibre) and add to a saucepan with the remaining ingredients. Cover and cook on a low-medium heat for 15 minutes or until soft and breaking down.

Top tip: Freeze using an ice cube tray, then add 2-3 to porridge each morning for added benefits and flavour. Can also be used as an alternative to apple sauce in baking.



Next steps

Implement these changes over the next month and let me know how you get on. I'd love to hear if this was useful for you!

My emails and DMs are always open and if you're interested in a free, no strings attached discovery call with me, drop me an email or DM. In this call we can discuss your symptoms and journey to this point and how we might be able to work together to achieve your goal.

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Thank you!

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