KIMBERLEY WRIGHT health

Lose the Bloat!

In 6 days with One Small Trick.....

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Hey, I'm Kimberley.

As a Nutritionist, all things food & lifestyle are my jam.

I freaking *live* to help women understand their bodies, so they can give it exactly what it needs to thrive (and look great while we're at it!).

I have a Bachelors Degree in Nutritional Medicine & my Reiki Level 2 Certification, whilst also being a busy mama of 3.

When I say holistic natural health is my jam, I mean it.

Helping you fuel your body so it feels absolutely amazing to be in your skin is my obsession!

Because when you feel great in your skin, you become absolutely unstoppable ;)

This little guide I've put together for you will help you Lose the Bloat with One Small Trick (each day).

Totes doable!! Even with clingy toddlers in tow and a to-do list longer than you are (I know, because that's me!).

To think in just 5 days you will feel amazing! Cheers to that!!

Kim xx

Day 1: AVOID TRIGGER FOODS

I know, I know. This one really should be a no-brainer.

But when you think about the foods that trigger the bloat (and the often accompanying gas, for that matter) in most people, and it's ye old faithful bread & pasta that generally tops the list. And we have an emotional connection to these foods - I mean who wants to pig out on salad when they're exhausted, sad or feeling bleh? Nope, it's good old stodgy carbs that ALWAYS have your back!

(Well, until the bloat sets in, that is).

Other common trigger foods are legumes (beans & lentils), and cruciferous vegetables (broccoli, cauliflower, kale, brussels sprouts). These foods can cause bloat due to the high fibre content and gas causing potential of some of their compounds.

We'll talk about how to improve the digestibility of all these foods a little later in the week, but for today - for the love of all things holy - we want to focus on removing trigger foods from the diet & keeping them out until we've done a little more work on our gut.

TODAYS MISSION (should you choose to accept it) -

A pantry clean out of bloat causing trigger foods (gotta be cruel to be kind, right?!)

Fun Fact!

Farts with 'explosive power' are mainly due to carbohydrate maldigestion.

Stinky farts (that you blame on the dog) are mainly caused by protein maldigestion.

Day 2: EAT MINDFULLY

What the hell does 'Eat Mindfully' even mean?

Let me paint a little picture.....

You glance at the clock, and how on earth is it 2pm already?? You danced your way around the house getting one kid ready after the other, your frantic school run ended with you grabbing a takeaway coffee & a muffin before heading to the park (to keep the toddler from having yet another meltdown).

You walked in the door, fed your toddler lunch, got said toddler down for a nap before going back and polishing off her sandwich crusts and the half an apple she left on her plate. In what seems like a hot minute, you look at the clock and realise your starving, but it's already time for school pick up, so you grab a muesli bar to scoff down in the car as you head out the door. And somehow, an hour later, your stomach is a balloon. And you can't figure out why.

This ↑ is NOT mindful eating.

Mindful eating is taking the time to prepare your food, to smell it being cooked, or the freshness of the ingredients.

It's allowing these smells to trigger a physical response as they hit the olfactory nerve....

Your eyes and nose tell your body food is coming. Awesome!!!!

In preparation, your mouth starts to secrete more saliva - full of the enzyme salivary amylase, the first way we start to break down (digest) our food.

Our stomach also begins producing more stomach acid, ready for it's big job ahead.

Sitting down to eat without distractions (AKA. not at your desk reading emails) helps us to eat more slowly. It increases the amount of mastication (ha! one of my favourite words! It means chewing, you sicko!). Mastication helps us breakdown food.

Breaking down our food as much as possible before it hits the bowel means reducing gas producing potential. Winning!

Day 3: IMPROVE FOOD DIGESTIBILITY

Continuing yesterday's theme, today I want you to be really conscious of how you prepare your food.

For the carnivores:

Ever gone out for Brazilian Churrasco only to come home, kick off those jeans faster than Usain Bolt covers 100m, and throw on your baggiest trackies with a soft elasticized waist because PAIN? Of course you have.

Our bodies can have a really difficult time digesting meat, and that my friends can lead to some massive bloat.

Give your body a helping hand by preparing meat in ways that *start the breaking down of the proteins for you* - which improves digestion (because you don't need to do so much).

Do this by marinating meats & including acids like lemon & lime juice in the marinade, or slow cooking meats. Eating meat at the same time as foods that contain enzymes can also help, as the enzymes help to break down components of food. Pineapple, Kiwi-Fruit & Papaya are great sources of these enzymes, so chuck some pineapple on a shish kebab with your marinated meats, or add some papaya to your side salad.

For the herbivores:

Properly preparing the foods that we *know* cause the most bloat can seriously reduce their gassy, uncomfortable potential.

For legumes (beans, lentils, chickpeas) soaking overnight, draining and rinsing again can help (if dried), or draining, rinsing & rinsing again can help if canned.

Broccoli & cauliflower - well, build your quantities of those up slowly after we've implemented each days changes this week.....

Day 4: SUPPLEMENTATION

Now, Im not really down with the pop-a-pill culture, I definitely prefer to treat with real food, herbs, exercise & other lifestyle changes.

But sometimes, we need things to change, and we need that change to be fast.

And sometimes, our health can be so far from where we really want it to be, fast forwarding results is a MUST.

Enter.....supplements!

Some of the best supplements to consider if you suffer from perpetual bloat:

Zinc

We need zinc to make stomach acid, and its a pretty common deficiency here in Aus. If you're going to start supplementing with zinc, it's best taken with some Vitamin C (to increase absorption), and ALWAYS take it with food, otherwise it will make you feel nauseous. Less than ideal.

Digestive Enzymes

If you can't seem to eat enough of the fruits I've already suggested in a day (see above), then taking some digestive enzymes 15 minutes before a meal can really make a huge difference.

Probiotics

The probiotic Lactobacillus rhamnosus GG has been shown to reduce gas & abdominal pain. Probiotics can help balance out the friendly vs unfriendly flora in your gut - the unfriendly kind are prime culprits for causing bloating, gas & pain.

Day 5: DRINK UP!

When we're feeling heavy, bloated, and potentially holding a little water weight too, it's tempting not to drink MORE water.

But it's so important that we do! Continuing to drink water helps flush through toxins (which may contribute to all of the above), keep things 'moving' through the body, and will help reduce puffiness. So, drink up!

Other drinks to include: Tea!

Peppermint Tea

This is my number 1 pick of the teas**.** Peppermint is suuuuper soothing to a bloated belly, so drinking peppermint tea when you feel the bloat creeping on can provide some welcome relief. But drinking it regularly as a prophylactic is even better!

More Teas

There are loads of other herbs / teas you can try (just choose your fave or a combo & drink it daily):

- Fennel
- Chamomile
- Ginger
- Green
- Dandelion Root

Day 6: MOVEMENT, DAILY

In every sense!

I'm talking about exercise, which has been shown to decrease transit time through the bowel & improve abdominal issues including pain & bloating; as well as daily bowel movements.

Yep, I'm talking about poop!

Most of us need to be 'going' at least once every day, if not more.

Chronic constipation can make your stomach feel full, tender, and uncomfortable. Everything just feels.....stuck.

If this is an issue for you, and all the above hasn't helped make some difference, then it's time to book in a consult so you can get that sorted, friend! Deets to do that are on the next page ;)

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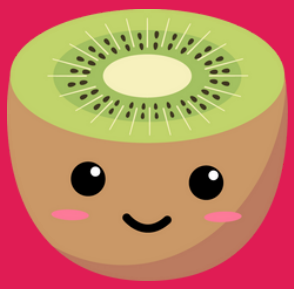
Kiwi be friends?



The best way to keep up to date with what's going on in my world is to follow along on my Instagram @kimberleywrighthealth

I do however love receiving short & sweet digital letters :)

Shoot me an email, & I'll respond to your burning question within 48 hours.

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I'm located on the Gold Coast, Australia, but I work with clients across the globe via Zoom.