

5 Tips to Beat the Bloat (While Eating Foods You Love!)

With Nutritional Therapist Mary Cotter
Stellar Health

5 simple steps you can take RIGHT NOW to ditch digestive issues

YOUR JOURNEY TO BETTER GUT HEALTH STARTS HERE!

Hi, I'm Mary Cotter, registered Nutritional Therapist. I help people identify what's at the heart of their gut health problems quickly and effectively so they can find the freedom to love life again.



I'm so happy you're taking the first steps towards better gut health with these five simple (but very powerful) steps.

If you feel like...

- You've tried absolutely everything (I'm talking gluten free, dairy free, low-fodmap) and STILL feel rubbish
- You suffer from daily debilitating bloating, digestive issues, food sensitivities and food anxiety, despite getting the all clear from your GP
- It doesn't matter what the hell you eat anymore, your stomach is a mess and it's really getting you down!

Here you'll discover my top tips to rebalancing your gut (exactly where to start NOW so you can experience changes ASAP), regain your freedom and feel amazing!

IMAGINE WHAT IT WOULD FEEL LIKE TO LIVE IN A BODY THAT WORKED WITH YOU!

I've included my favourite gut friendly breakfast recipes too, which are naturally wheat free and sugar free. Creamy overnight oats, no sugar granola, and a delicious chocolate berry chia pudding. Yum!!

So if you think you have to suffer from uncomfortable bloating, food sensitivities, gassiness, low mood and exhaustion forever... or that you have to get used to feeling sluggish and uncomfortable in your body... or anxious about locating a loo if you go out for a meal...

I've got fabulous news for you: you don't!

Implementing these five steps is the perfect place to start finding relief from niggling tummy issues, no matter how long you've struggled.

Once you've spent a week or two implementing these five steps, drop me an email and let me know how you're doing. I'm really looking forward to hearing about your progress soon!

Lots of love,

Mary x

FIVE STEPS TO BEAT THE BLOAT

1. Ease off sugar

Too much sugar is pro-inflammatory, messes with our bowel movements and creates an environment for “bad” bacteria to thrive in.

Sugar includes:

- Refined carbohydrates (white flour, white rice, white pasta, white bread, pizza)
- Large glasses of fruit juice (but not fruit)
- Refined castor sugar
- Sugar added to packaged foods

Healthier sugar alternatives:

Coconut sugar, xylitol, maple syrup and stevia are wonderful unrefined sugar alternatives when used in small amounts.

Dark chocolate is lower in sugar than milk chocolate and a source of gut friendly polyphenols and antioxidants.



2. Have wheat-free days



Focus on a variety of grains, not just wheat. There are so many fantastic wholegrains out there to choose from such as:

- Brown and wild rice
- Buckwheat
- Oats
- Quinoa
- Amaranth
- Rye

Try not to get too hung up on wheat. Wheat which is found in many breakfast cereals, bread, pasta, and pizza is a common gut irritant, promotes constipation and is hard to digest, even for healthy digestive systems.

Aiming to have wheat-free days is a helpful step towards combating digestive symptoms including gas, bloating and constipation.

Mixing it up increases the variety in your food, which your gut bugs love, and offers your taste buds a new lease of life. It's the opposite of restrictive, it's exciting and liberating!

FIVE STEPS TO BEAT THE BLOAT

3. Mini overnight fasts

Fasting for 12 hours overnight is a simple way to give your digestive system a break without going hungry (much of the fasting occurs while you sleep).

Let's say you finish dinner at 7.30pm, fast until 7.30am.

During this time your body can concentrate on cellular repair and healing while your digestive system rests.

You may find you feel less bloated and gassy on waking, gain a better night's sleep and feel more energised for the day ahead.

Other benefits may include improvements in blood pressure, weight management and inflammatory markers.



4. Drink water between your meals

Water is vital to your gut health as it helps to:

- keep stools soft (and easier to pass)
- ensures timely removal of waste from the body
- avoids constipation and uncomfortable straining

It's helpful to drink most of your water BETWEEN meals so as not to dilute important digestive enzymes which may contribute to digestive symptoms, including bloating, cramping and gas.

You may wish to sip a small glass of water with apple cider vinegar 15 minutes before a meal to help stimulate digestive enzymes and stomach acid. The bitterness helps prime your digestive system for the intake of food. Otherwise drink water away from mealtimes.

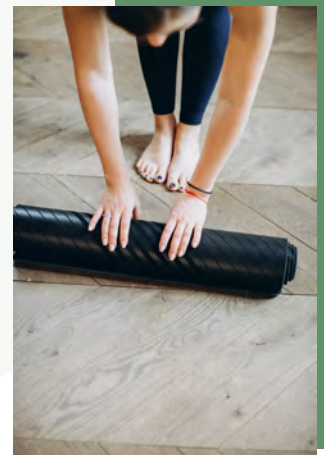
Aim for 1.2-2 litres of water per day. Drinking herbal teas between meals is a nice way to hit this water target while also benefitting from anti-inflammatory herbs such as ginger, turmeric or cinnamon.



5. Breathe more

We all get a little stressed from time to time - but our bodies aren't designed to be constantly on-the-go. If your "busyness" levels are through the roof, chances are your digestion is paying the price. Stress shuts down digestion, depletes "friendly bacteria" and can cause constipation in some, and sudden evacuations (diarrhoea) in others.

Embracing relaxation techniques is vital for beating bloating and discomfort. A few rounds of deep breathing before mealtimes or a mindful walk after lunch are some useful ways to help your body digest your food and switch off the stress response.



GUT LOVING RECIPES

If you try any of these recipes please tag me in your photos on Instagram @stellar_health_mary I'd love to see how you're getting on and you'll inspire others who may be struggling too!

Low Sugar Granola

Serves 8-10

Ingredients:

- 125g oats
- 125g buckwheat flakes (or use double the amount of oats)
- 60g almonds or flaked almonds
- 60g pecans roughly chopped
- 60g sunflower seeds
- 60g pumpkin seeds
- 2 tbsp. ground flaxseeds
- 1 tsp cinnamon
- 4 tbsp. melted coconut oil
- 25ml apple juice



Directions

1. Preheat the oven to 150 degrees C.
2. Place the oats, buckwheat flakes, nuts, seeds and cinnamon in a large mixing bowl.
3. Mix together the melted coconut oil and apple juice. Stir into the dry ingredients. Mix thoroughly to combine, adding a little water to form a moist mixture.
4. Spread the mixture onto a large baking tray and bake for 40-50 minutes until golden, stirring halfway through.
5. Leave to cool. Store in an airtight container for up to 2 weeks.

Serving Suggestion:

Serve with plain yoghurt, coconut or almond yoghurt, plus berries.



Overnight Oats

Serves 2

Ingredients:

- 80g oats
- 1 heaped tbsp. chia seeds
- 350ml milk of choice
- 1 ripe banana, mashed
- pinch of ground cinnamon

Topping ideas:

- Plain or coconut yoghurt
- Mixed berries
- Sunflower or pumpkin seeds, lightly toasted
- Ground flaxseeds

Directions

1. In a bowl mix together the oats, chia seeds, milk, mashed banana and cinnamon.
2. Cover and leave to sit in the fridge overnight.



Serving Suggestion:

When you are ready to serve, divide into two serving bowls. Top with yoghurt, and scatter with berries and seeds.

Chocolate Berry Chia Pudding

Serves 2

Ingredients:

- 48g (1/4 cup) chia seeds
- 1 tbsp. cocoa powder
- 240mls (1 cup) unsweetened almond milk
- 1 tbsp. maple syrup
- ¼ tsp. vanilla extract
- 74g (1/2 cup) blueberries
- 62g (1/2 cup) raspberries

Directions

1. In a mixing bowl combine the chia seeds and cocoa powder. Whisk to combine. Then slowly whisk in almond milk until all the cocoa powder is dissolved. Next, whisk in the maple syrup and vanilla.
2. Cover the bowl and refrigerate for at least 3 hours, or overnight.
3. For serving, divide chia pudding equally between bowls and top with berries. Enjoy!

Tip:

Make ahead. Keeps well in the fridge up to 3 days. Perfect for breakfast or snack time.



YOUR NEXT STEPS

90 days to feeling like YOU again!

In just 90 days, I can help you go from feeling bloated and windy, to feeling like you again! Banish the uncomfortable feelings, get your energy back and start living your life again!

By working with me 1-2-1, you'll also have access to a range of clinical tests to help assess the underlying causes of any imbalances in your body. You'll begin to understand your gut and have the support you need to get the results you want and deserve. Want to find out more? Head here:

<https://www.stellarhealth.co.uk/90-day-gut-health-plan.html>



Sign up to my online group programme, Ease your Gut, Beat the Bloat

Fed up of niggling tummy problems but prefer to go at your own pace and with the support of others? Join my online group programme: 'Ease your Gut, Beat the Bloat,' which runs a few times a year.

It's for you if you are struggling with gas, bloating, diarrhoea, acid reflux, and/or constipation despite getting the all-clear from your doctor and want to start enjoying life again without anxiety about what foods you can/can't eat or choosing clothes based on how bloated you feel that day.

It's my tried and tested 5-step plan which helps you ditch never ending digestive issues and low energy to find your freedom to love life again!

Join the waiting list here:

<https://www.stellarhealth.co.uk/ease-your-gut-beat-the-bloat.html>



YOUR NEXT STEPS

- Join my free Facebook Group, [The Gut Health Club](#)
- Follow me on Instagram: [@stellar_health_mary](#)



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