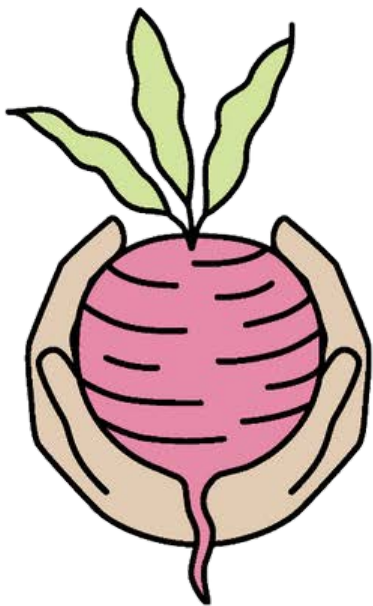




Top 5 tips to reduce holiday bloat



Written by
Dr. Stephanie Peacock



Do you struggle with chronic bloat?

HI THERE!

Does this sounds like you?

Especially around the holidays, it can be stressful going to social gatherings not knowing if you'll experience a flare.

Sometimes, not even knowing what foods will trigger the flare!

I can relate is because I experienced a 10 year gut issue that started with dysbiosis and led to SIBO & IBS!





Learn how to help relieve bloating

I'm Dr. Stephanie Peacock, a holistic doctor with a focus on gut health, environmental toxins, and fasting.

There are different things that can lead to IBS symptoms: stress, inflammatory foods, environmental chemicals, emotional trauma, over/under exercising, etc

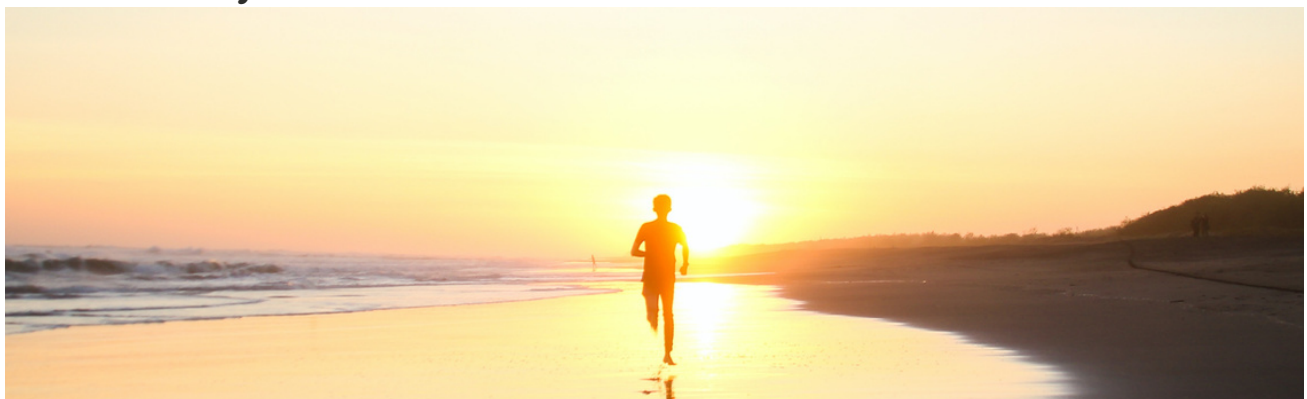
The next pages contain my FIVE favorite tips for helping with chronic bloating around the holidays!

Find me here!

 @drstephpeacock

 @Thrive Kitchen

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#1 Slow Down Around Meal Time

Digestion starts with our brain! Seeing food stimulates our brain that it's time for a meal. This then stimulates our bile production & digestive enzymes!

...bile helps us digest fats and absorb nutrients!

Take deep breaths before starting your meal. Get your body into the parasympathetic state that we know is optimal for digestion!

Thoroughly chew your food to allow for proper digestion.





#2 Chamomille Tea

Chamomile is an anti spasmodic and can relax the smooth muscles along the digestive tract.

Chamomille is also a bitter, which aids in digestion and supporting our bile!

Enjoy a cup of tea after meal time!

Choose quality tea that has been third party tested for mold & heavy metals.

I personally love Mountain Rose Herbs.





#3 Reduce Snacking

Why is this important?

Snacking is constantly making our digestive system work!

Therefore further irritating our GI tract.

Tip:

After about 2 hours of not eating, our migrating motor complex turns on!

This is the "street sweeper" of our gut, ridding it of toxins & reducing inflammation.





#4 Walk After Meals

Did you know that movement & exercise stimulates gut motility?

Take a 5-10 minute walk after mealtime. This helps our body to digest food, reduce bloating, and can even reduce blood sugar!





#5 Vagus Nerve Exercises



Ever hear of the gut- brain connection? This nerve is the longest in our body, and connects our brain & gut!

This is why when we get stressed, we can feel it in our stomach.

Try these exercises to stimulate the vagus nerve!

- gargling water
- humming
- deep breathing



Address Root Cause



Our bodies have the blueprint to heal, even from:

- stress
- toxic load
- emotional trauma
- processed foods
- over exercise
- sedentary lifestyle

Focus on things you can control. Get out into nature, practice grounding, reduce environmental toxin load & eat whole plant foods.



Interested in more information?

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WORK WITH ME



GUT HEALTH & DETOXIFICATION



I help clients resolve their chronic gut symptoms & be participants in their own lives again.

- IBS
- Leaky gut
- Bloating
- Indigestion
- Food sensitivities
- Flatulence
- Irregular bowel movements



CONSULTS



1:1 HOLISTIC VIRTUAL CONSULTS

What's included:

- 75 minute initial assessment
- Specific recipe recommendations/meal plans
- Addressing root cause gut health
- Toxic load assessment
- Recommendations for non toxic products, water filter, etc
- Fasting as treatment after gut health & food intake have been addressed

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Free 15 minute consult:

www.stephaniepeacock.com

