

The
Naturopathic
Co.



*7 Things to do
right now to*

FIX YOUR BLOATING

WHY AM I ALWAYS BLOATED?

Usually a combination of reasons!

Firstly...

Our digestive system can't handle what we throw at it.

Over-eating and under-digesting. Eating when we're not hungry, eating too much, making poor food choices (starch-heavy).

Under-digesting due to stress (our body can't adequately support digestion when under stress; we don't produce the enzymes needed to break food down properly when stressed, we don't chew properly, we're rushed and our digestion is weakened).

This food which is not broken down properly is in the digestive system fermenting. Hence the bloat.

WHY AM I ALWAYS BLOATED?

Secondly...

The mix of bacteria in our gut is less than ideal!

We have too much of the bad stuff, and not enough of the good stuff.

Different strains of bacteria consume different foods. So if you've been binging on carbs and sugar for an extended period of time, then you'll have different bacteria in your gut than you did before.

This nasty mix of gut bacteria (or yeast) can start to cause trouble with digestion, bloating, and many other symptoms too!

CHEW!

None of us chew enough! Modern life leaves us rushed and eating on the run. Each mouthful should be chewed 32 times! Because digestion starts in the mouth. With enough chewing, it signals the body to release other enzymes for digestion. That's nowhere close for most people. When the mouth doesn't chew sufficiently, then it places the burden on other parts of the system to over-compensate.

BE AWARE OF STRESS

Our body is not designed to eat under stress. It's designed to run (or fight). Blood flows away from your digestive system to your limbs. So what happens when you are chronically stressed? Your digestive system is no longer functioning optimally.

DON'T DRINK AT MEAL TIMES

A lot of patients I see have insufficient stomach acid. Stomach acid is needed for digestion (and it's our first line of defence against any nasty bacteria entering the body!) Drinking at meal time is diluting stomach acid even further.

BE CAREFUL OF FOOD COMBINING

Some foods combine well, and some foods don't. That is, some foods are easy for the digestive system to digest alongside each other, and the combination of others make it more difficult. For example...

Fruit doesn't combine well with most other foods.

Legumes are the wrong combination with eggs, milk, fish, fruits, yogurt.

High carbs/starch doesn't combine well with animal protein.

BE MINDFUL OF OVER-EATING

Most of us are over-eating. Constant grazing. Not allowing the stomach to properly digest one meal, before we are on to the next thing. Snacking all day.

This constant influx of food, doesn't allow the digestive system enough time to catch up. This leads to chronic under-digestion and even constipation or delay in elimination and recirculation of toxicities.

DIGESTIVE ENZYMES

We shouldn't rely on supplements ongoing, they're a bridge to help our body rebalance! Digestive enzymes, digestive bitters, Hcl, apple cider vinegar, can all be helpful in the short-term to boost your ability to digest properly. Speak to your naturopath about which option is best for you.

TEST YOUR STOOL

Gut health can quickly become compromised when unwanted and unwelcome microorganisms take up residence.

You can have all kinds of digestive symptoms from a gut that is out of balance and full of nasty bacteria and yeast...bloating, reflux, stool fluctuations, pain.

Once we know exactly what's inside your gut, we can treat it properly.

We do this through stool testing. It takes out the guess work and allows us to change the gut flora to a more optimal mix for you!



TEST YOUR STOOL

We remove nasty pathogenic bacteria, parasites, and yeast that contribute to lower numbers of healthy bacteria in the gut. And we simultaneously boost healthier strains of bacteria that you are low in (with a strain-specific probiotic).

The stool test can be done at home and is a minimal cost. This type of treatment is completely tailored to YOUR gut and leads to fantastic health outcomes.

Speak to us if you're interested in finding out the underlying cause of your bloating. We can work out a treatment plan that is specific to your needs, and tailored for YOUR gut.



CONTACT US

Don't put up with your digestive issues!
...bloating, pain, discomfort,
indigestion, stool fluctuations, leaky
gut....

Find relief with The Naturopathic Co.
We consult Australia-wide via Zoom and
GoogleMeet.

Get ready to embrace a healthier life.
CONTACT US TODAY!

Book your initial naturopathy
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Unsure if we can help? Email us!
hello@thenaturopathic.co

ph:1300 280 509

