

Bloating can occur, even if you eat correctly. Several simple morning actions can help not face this during the day.

**Breakfast consciously.** Passing meals often leads to overeating. This causes bloating, according to Kinga Portico-Gambs, a registered nutritionist. In addition, it is important to eat slowly and consciously. This prevents the swallowing of excess air and reduces gas formation.

**Avoid gas formation products.** These are dairy products (with lactose intolerance), cruciferous vegetables (broccoli, white cabbage, cauliflower, Brussels cabbage), carbonated drinks, sorbitol, treated fructose products.

**Drink water.** It contributes to a regular chair, prevents constipation and bloating. After waking up, drink 1-2 cups of warm water.



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Conscious breakfast and other things in the morning that will prevent bloating

**Practice deep breathing.** It helps to train the muscles of the abdomen and diaphragm, which effectively relieves stress and anxiety. According to the results of the study published in *Frontiers in Neuroscience* in 2022, the 30-minute practice of slow deep breathing reduces the symptoms of constipation and bloating in people with irritated intestines.

**Walk.** The results of the 2021 study showed that a 10-15-minute walk after eating significantly reduces bloating and discomfort in the abdomen in those who constantly suffer from bloating.

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