

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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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.

News -in -law materials cannot be equated to the doctor's prescription. Before making a decision, consult a specialist.