

AYURVEDIC TIPS TO REDUCE GAS & BLOATING



Healthy Eating Habits to Prevent Bloating and Gas

- Slow down and chew
- Eat easy to digest foods when stressed
- Eat monomeals such as soup for 1 day a week
- Reduce caffeine
- Be smart about dairy (tips below)
- Avoid cold and icy drinks and food
- Allow previous meal to fully digest before eating again (3-5 hours)
- Breathe deeply and stretch lower abdomen
- Take sips of warm water with dry food
- Eat warm liquid-y food
- Conscious eating is one of the main components for preventing bloating. If you are aware of how your stomach feels, how hungry you are, and the effects that foods have on your body, you will be able to adapt your eating habits accordingly. I believe that people who are truly conscious and follow their intuition rarely experience digestive un-ease.



Try these tips to master mindful eating:

- Start by taking a few deep breaths before eating. It will help to shift out of “in a rush” frame of mind by into a more peaceful state of mind. Breathe!
- Eat like you would at a super fancy restaurant. Appreciate the smell, presentation, and taste. Take mindful bites and put your spoon/fork down while you chew. Take time to absorb the colors, smell, and flavors of the food. Think of 3-5 adjectives to describe what’s on your plate either mentally or aloud.
- Try to avoid multi-tasking and focus on the taste of the dessert solely. When you talk, talk, when you chew, don’t talk.



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- Make at least one meal a day a self-sufficient event. Whether you are with your friends, family, or alone, sit at the table, use a plate and utensils (even if you got a take-out deli sandwich), and turn off the TV or computer.
- Chew each bite. A good strategy is to put the utensils down in between each bite.
- It can reduce your stress level. Consciously slowing down and bring awareness into any process will help reduce stress. It can become your time for mindfulness meditation or exercise. Try to be completely present in you body while consuming food.
- You will enjoy food more and have fewer cravings. Often we crave something for days but as soon as we get, we gobble it down in a second without actually tasting the food. There is no feeling of satisfaction and the cravings soon return. Savoring each piece and mentally acknowledging foods taste will allow your brain to register a pleasant moment and will make you feel satisfied.

When to Eat

The best time for us to eat is when our digestive fire (agni, a component of Pitta dosha) is at its' peak. This is at midday, between the hours of 10.00 and 14.00, and, if possible, our main meal should be eaten during this period.

One classification of food in Ayurveda describes food as being light or heavy in terms of ability to digest. For example, rice is considered light and meat is considered heavy. If you are going to consume heavier foods such as animal proteins, then this should be included in your lunch time meal giving your body all day to digest it.

Make your evening meal lighter, vegetable based if possible, which should be finished before 20.00 and at least two hours before you go to bed.



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This cycle means that your digestion will not interfere with your sleeping pattern and your food should have been fully digested and eliminated by the time you get up in the morning.

This, coupled with a light breakfast, will give you high energy throughout the day, but particularly good intellectual clarity during the pitta period of the day.

Understand your Digestive Indicators

- Only eat when you are hungry! We often eat out of habit rather than need.
- Before you eat, score your hunger on a scale of 1-10. Anything over 6 or 7 and you probably need some nourishment; anything less, go and find something more interesting to do to distract you from your craving.
- Alternatively, go and drink something like water or a fruit tea as we often mistake dehydration for hunger.
- To help us develop this intuitive relationship with our body, Ayurveda offers some indicators to check the efficiency of our digestion:

Follow simple food combining rules:

- **Dairy should not be combined with pretty much anything** besides greens and non starchy vegetables. Baked goat cheese on veggies or salads is okay but no pizza, cream-based pasta sauces, dairy-based chowders are not recommended. When it comes to yogurt, add vanilla bean, honey but no jams or fruits.
- **Fruit should not be combined with anything** because it digests a lot faster than most other things. Best to be eaten at least 20 mins before anything else. Grains with fruit, fruit and eggs, fruit and nuts, fruit after a meal are among the infamous no-no's. The only exception is dates in milk or dried fruit boiled together with grains such as in oatmeal.
- **Have one concentrated protein per meal.** This one is pretty simple: no fish and chicken, meat and shrimp, eggs and milk, cheese and beans on one plate.

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Here are 3 ways to have dairy that ayurveda lists as the easiest to digest and the most beneficial to the body.

Warm spiced milk. Heating the milk makes it much easier for human consumption and it reduces mucus, making it lighter to digest. Boil milk for 5-10 min with cardamom, a cinnamon stick, and a few pinches of ginger.



Cumin Lassi(buttermilk). A lassi is a plain yogurt and water usually blended with some spices and used

as a post-meal digestive. Try this recipe any time your stomach feels heavy or bloated after a meal: 1 cup plain whole-milk yogurt, 1/3 cup cold water, 1/4 teaspoon salt, 1/2 teaspoon cumin, whisk, add some lime juice and enjoy!

Ghee. In ayurveda, clarified butter or ghee, is believed to be the best nutritional tonic for human beings. It is heat resistant and suitable for cooking. If prepared correctly, it does not have milk solids and people with dairy intolerance can digest it well. It adds a rich buttery taste to oatmeal and an amazing flavor to sauteed vegetable. You can buy it at any organic health food store, an Indian grocery, or make it yourself.

On the other hand, **cold milk is considered poisonous and mucus forming in ayurveda.** Yogurt with fruit is another combination that ayurveda strictly forbids as it is difficult to digest. Cream, hard aged cheeses, or fat-reduced dairy options are considered too heavy and unsuitable for consumption. Ayurvedic physicians

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also advise against mixing dairy with acid fruit, fish, or meat. Basically, if you have a weak stomach, have dairy products separately from other foods.

Use Digestive Spices:

Many of the spices used in Ayurvedic cooking such as turmeric, ginger, cumin, fenugreek, coriander and cardamom, amongst others, are also medicinal herbs used in Ayurvedic herbology. Cooking daily with those spices can greatly enhance digestion, absorption and assimilation of food, improve one's appetite and elimination, nourish the internal organs and prevent doshic imbalance. Spices also provide a harmonious blend of the six tastes. Taste is medicinal and is the first form of nourishment. A meal containing a balanced blend of the six tastes, aside from being more appealing to the tongue, is also more digestible at a deep cellular level.

Health Properties of Coriander Seed:

1. Helps to clear the digestive tract of trapped gas after a meal
2. Can help to reduce spasms in the digestive tract and the pain often associated with it
3. Coriander seed oil will stimulate the production of gastric juices, and therefore help to stimulate appetite.
4. Has been used in India for its anti-inflammatory properties
5. There is new research coming out now about coriander seeds potential to help stimulate the bodies production of insulin, the hormone that our bodies produces in order to help control blood sugar levels after a meal.



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Healing Benefits of Ginger:

1. Powerful Carminative effect - meaning that it can cleanse and health the digestive tract.
2. Can help to promote circulation to the extremities of the body.
3. Acts as a great diaphoretic, which means it will help to promote sweating and detoxification of the body.
4. Can be made into a solution to gargle, which will help to treat a sore throat.
5. Can help to relieve muscle cramping.

If you're sensitive to ginger at first, try adding it in small amounts and work your way up to using larger pieces in juice & smoothies.

Ayurvedic Indigestion Tea: This simple tea works well for the bloated belly, which may be accompanied by a prickly or pinching pain. It can be taken 1-2 times per day before lunch and dinner. It is best to sip this tea a half hour before meals. Put 1/3 teaspoon each of coriander seeds, cumin seeds and fennel seeds in a cup of water. Bring to a boil, let steep, strain and drink. Add your favorite sweetener if desired.

Stomach Gas Relief Recipe: This recipe works especially well for the bloating and gas that happens within the first few bites of a meal. The person gets a bloated feeling at the top of the stomach. Relief should occur within minutes. Mix 1/8 of a teaspoon of powdered (not fresh) ginger powder with one teaspoon of honey. Mix with hot water. The most effective way to take this remedy is to chew the mixture and then drink hot water.

Evening Digestive Relaxation Tea: This tasty tea treats, soothes and heals the entire digestive tract. Bring to boil one teaspoon of coriander in one cup of water. Steep for 5 to





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10 minutes. Strain and drink. You may add your favorite sweetener. If your nerves are rattled you may add a half cup of boiled milk.

Five Nectars Digestive Healing Drink: This recipe is especially beneficial for the person who feels really exhausted or one who is nervous and feels overwhelmed by events in their life. It is particularly helpful for those undergoing chemotherapy. It aids those having trouble gaining weight. If you have to work nights, this tea will help ameliorate the effects of a disturbed sleep cycle. To prepare, bring ½ cup of milk to a boil and allow it to cool to warm. Add one teaspoon of ghee, one teaspoon of honey, and one teaspoon of sweetener (preferably succanat). If taken in the morning, this mixture has a strengthening effect on the physiology.

Lemon Ginger Salt Remedy: This remedy resets and rekindles the digest fire. It stimulates the digestive juices and thereby promotes better digestion. The Lemon Ginger Salt remedy is particularly beneficial for the person who has Vata indigestion due to overeating, munching or nocturnal eating. To prepare this remedy, grate some fresh ginger, add a small amount of fresh lemon juice and add a pinch or two of salt. Eat a few pinches of this mixture one half hour prior to lunch and dinner each day.

Other digestive spices:

- Black pepper
- Cinnamon
- Cumin
- Basil
- Cardamom
- Coriander
- Fennel
- Ginger

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Other Gas and Bloating remedies:

- Aromatherapy: peppermint, orange, rose, cinnamon, basil
- Chew on fennel seeds or make fennel tea
- Lay on your left side after a meal
- Do child pose
- Brisk walk for 30 mins
- Warm bath or warm compress on the stomach
- Iberogast <http://tinyurl.com/aua42w3>
- Enzymes
- Antimicrobial herbs if have candida: garlic, ginger, caraway, oregano oil, mint family
- Elimination diet
- Stool test

