



Whole Body Wellness

The Bloat Relief Guide



Feel Lighter. Less Bloating. More Comfortable in Your Body.

Why You May Feel Bloating (Even When Eating Healthy)

Bloating doesn't always mean something is wrong, it's often your body asking for support.

Your body is communicating. This guide helps you respond.

Common reasons include:

- Eating too quickly or not chewing thoroughly
- High-fiber or raw foods can create gas
- Slower digestion (food sits longer)
- Stress affecting how your body processes food

Even healthy foods can feel uncomfortable if your system is overwhelmed or under-supported

Simple Daily Reset

Try these simple shifts to support your digestion:

1. Slow down your meals: Take a few breaths before eating and chew thoroughly
2. Simplify your meals: Focus on protein + vegetables (avoid overcomplicating meals)
3. Stay hydrated: Drink water consistently throughout the day
4. Reduce extra air intake: Avoid straws, gum, and carbonated drinks





Support Your Body

If bloating continues, your body may need additional support.

At Whole Body Wellness, we support your system gently and effectively:

- Colon Hydrotherapy: Encourages gentle, supported elimination
- Acupuncture: Helps regulate digestion + calm the nervous system

A Simple Next Step

If you've been eating well but still don't feel your best, your body may be asking for a different kind of support.

There are gentle ways to help your system feel more balanced, comfortable, and at ease.

Ready to Feel Better in Your Body?

We're here to support you when you're ready.

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