



HOLIDAY GUT RESET: SIMPLE ANTI-BLOAT ROUTINE

A fast, food-first routine to calm your stomach, reduce bloating, and feel lighter through the holidays — even on busy days.



ANTI-BLOAT HYDRATION FORMULA (MORNING RESET)

Start your day with this simple drink to support digestion and reduce bloating.

- 12–16 oz warm water
- Add: ginger slice or ginger tea bag
- Add: a pinch of minerals or electrolytes
- Sip slowly within the first hour after waking.

Why it works: Hydrates your gut lining, supports motility, reduces morning puffiness, and helps your stomach “wake up” gently.



HOLIDAY PLATE BUILDER (LUNCH OR DINNER)

Build a gut-friendly plate during heavier holiday meals using this easy formula:

- $\frac{1}{2}$ plate: Cooked veggies or light greens (zucchini, spinach, carrots, squash)
- $\frac{1}{4}$ plate: Lean protein (turkey, chicken, tofu, white fish)
- $\frac{1}{4}$ plate: Easy-to-digest carbs (rice, potatoes, squash)
- + 1 spoon: Healthy fats (avocado, olive oil)
- Optional: Fermented food (kimchi, yogurt, sauerkraut)

Why it works: Balances fiber, protein, and carbs so your digestion doesn't get overwhelmed.



DAILY ANTI-BLOAT RESET (5 MINUTES)

Use this mini-routine anytime you feel bloated or heavy:

- Sit upright or stand.
- Slow inhale for 4 seconds → exhale for 6 seconds (4 cycles).
- Light torso twists left and right for 20 seconds.
- Place a warm pack or hand on your stomach for 1 minute.
- Sip warm water or ginger tea afterward.

Why it works: Relaxes digestive muscles, resets your nervous system, and reduces bloating quickly.