



THE FASTING PODCAST **WOW**: EPISODE 106 – GAS & BLOATING THWART FASTING RESULTS

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The Fasting Podcast **WOW** (Wellness & Optimal Weight)



Host: Julie Phillips, CNHP



Gas & Bloating is Far Too Common

- Bloating is a buildup of gas or air in the gastrointestinal tract and can cause a feeling of being over-full, tightness, uncomfortable and even painful
- We may feel like we get a little pregnant look after eating
- Some people have accompanying burping, cramping, diarrhea or even nausea
- Having these issues often is a serious sign for taking action – it can thwart your goals for fasting or other health programs – toxicity can sequester in fat & poor digestion can result in craving and lack of satiety and nutrition
- Let's consider some possible reasons:
 - 1) Eating too large meals or too often or too fast and not chewing well
 - 2) Carbonated beverages that cause gas and can interfere with digestive pH
 - 3) Poor digestion (e.g. low stomach acid, poor bile flow, low enzymes)
 - 4) Food allergies (e.g. gluten, dairy)
 - 5) Constipation (often accompanied by poor hydration)
 - 6) Yeast overgrowth/candida, parasites, helio bacter pylori, SIBO...
 - 7) Serious issues such as IBS, gastroparesis slow stomach emptying etc.





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Options to Consider to Improve

- Let's consider some basics:
 - 1) Eat all natural and organic including fiber whenever possible
 - 2) Chew food really well and don't drink much liquid at the meal
 - 3) Drink plentiful pure water
 - 4) Have 2-3 large long brown smooth bowel movements/day if eat 2-3 meals
 - 5) Practice intermittent fasting with 6-8 hour eating window, e.g. 2 meals/day
 - 6) Do what you can to improve deep sleep and reduce/manage stress
 - 7) Consume probiotics and ideally enzymes as well (with & between meals)
- Consider an extended water fast (e.g. 5-10 days) if you are eligible
- If certain foods cause it, consider eliminating and reintroducing 1 at a time
- Cleanse for killing candida and pathogens – even if you don't think you need it
- Some people pursue low FODMAP diet to avoid fermentable gas-producing ingredients – low in Fermentable Oligosaccharides, Disaccharides, Monosaccharides And Polyols (FODMAP) to reduce gas and IBS symptoms
- Consider energy frequency therapy
- Look for other symptoms, further investigate, & consult health professional





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Possible Next Steps



Check out our website: www.JPWOWPrograms.com

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For questions and feedback or possible participation in the new exercise program, email Julie@JPWOWPrograms.com



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Stay Positive, Focused, & Determined Because
Where the Mind Goes, Energy Flows... *Ernest Holmes*

