

# Banish Bloat and Heal Your Stomach Issues For Life

You're most likely reading this because you spend a lot of time feeling bloated, uncomfortable, or in pain with your stomach.

I can relate. I dealt with stomach issues my *entire* life and believed that bloating was normal. I was also consistently told that IBS was incurable. Today I'm here to tell you that **stomach pain, bloating, and digestion issues are *not* normal and you *can* heal!**

Once I discovered how to use a whole foods diet to heal my stomach, I was able to eliminate bloating and digestive issues completely! I could *finally* wear tight clothing and feel confident in my body! I no longer experienced gas, stomach pain, or miserable nights on the toilet (you know what I'm talking about!)

This healing transformed my life and gave me a true passion- helping other women heal their stomach issues too.

If you've been told or believed that your stomach issues would be a problem in your life forever, I want you to know that **healing IS possible** and I'm going to tell you exactly how in this guide!

## **What is IBS?**

**Irritable bowel syndrome (IBS)** is a common disorder that affects the large intestine. Signs and symptoms include cramping, abdominal pain, bloating, gas, and diarrhea or constipation, or both.

You don't have to be diagnosed with IBS to experience these issues. In fact, most women go undiagnosed for years because they think what they are experiencing is normal!

# Your Biggest Defense: Food

One of the first steps in healing your stomach is understanding that food is your biggest defense. **Food is information** for your body and what you put into it directly impacts your stomach issues. Think about it for a moment.. food is what makes up your bones, tissue, and cells; *of course* it is directly correlated to how your stomach feels day to day.

**The key lies in understanding which foods will benefit your healing and which foods will irritate your stomach problems further.**

The following are three of the biggest food irritants that you should avoid when you suffer from stomach issues.

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## Dairy

Dairy causes 75% of people digestive issues, yet it continues to be one of the most popular foods consumed. In fact, when you read ingredient labels, dairy is found in most things that you would have never suspected! Dairy is *particularly* irritating for those of us who suffer from irritable bowel.

You might be thinking “Isn’t dairy a main food group on the USDA food pyramid? Isn’t it supposed to be healthy?”

Although dairy is on the USDA food pyramid, it is *not* part of a healthy diet. Here are a few facts from Dr. Mark Hyman about dairy that you should know:

- Countries with lowest rates of dairy and calcium consumption (like those in Africa and Asia) have the lowest rates of osteoporosis.
- Calcium isn't as bone-protective as we thought. Studies of calcium supplementation have shown no benefit in reducing fracture risk.
- Dairy causes sinus congestion because it irritates the body. The body then creates mucus as a protective agent which results in that feeling of being 'stuffed up.'
- Dairy consumption increases the body's level of *insulin-like growth factor-1 (or IGF-1)* – a known cancer promoter.

I encourage you to eliminate all dairy products for two weeks (milk, butter, whey, cheese, ice-cream, yogurt). You should notice improvements with your sinuses, post-nasal drip, gas, bloating, irritable bowel syndrome, and even acne. After two weeks, try a small amount of dairy again and see how you feel.

## **Processed Foods**

These are most of the foods that you'll find in the middle of the grocery store aisles—foods that have crazy long expiration dates. They last so long because they have been concocted with food-like-substances which are actually chemicals, thickeners, and stabilizers. They also have extremely high sodium contents. These chemicals wreak havoc on the body, especially the digestive tract. These are not real foods and cause irritation in the lining of the intestinal tract. They also cause problems such as headaches and fatigue.

Stay away from canned soups, boxed meals, sauces and dressings, junk food, and frozen TV dinners. If you read the ingredient label and don't know what something is- don't buy it! Stick to real fresh foods that come from the earth.

## Restaurant Food

I love eating out, and still do at certain restaurants occasionally. But when you are suffering from stomach issues, restaurant food will only amplify the problem.

Restaurant food is filled with high-sodium and additives that are not good for the body. These foods also tend to be high in dairy content such as butter and cheese. It's been proven that restaurant food is just as bad for the body as fast food! Avoiding these unhealthy choices filled with digestive irritants is the best option in healing your stomach issues.

Cooking your food at home will always be the healthier choice, *and* will keep you from feeling bloated and lethargic after meals. I have a few recipes at the end to get you started!

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So now that you understand what you should be avoiding, you might be thinking 'what's left to eat?!'

Only the best stuff, which is what we call a *whole foods diet*. These foods are bursting with flavor and vital nutrients to keep you feeling light, energized, and confident in your body! **Bonus-** These foods also work to keep you feeling mentally happy and have natural beauty-enhancing properties.

**The main principles behind eating a whole foods diet are:**

**Intuitive Eating-** understanding how your body feels and reacts in correlation to what you've eaten.

Focusing on eating **real food** (comes from the earth not a factory) that nourishes and benefits the body.

A whole foods diet focuses on healing and maintaining homeostasis in the body, so that you can show up in your daily life feeling your very best. Although I use the term diet to describe this method of eating, this is **not** a restrictive protocol to lose weight. This is a **lifestyle** that helps you to acquire healing and freedom in the body!

A Whole Foods Diet Includes:

- Lots of plant foods AKA vegetables
- Fresh fruits
- Healthy fats such as avocados, nuts, seeds, eggs, and extra-virgin olive oil
- Clean meat (raised without antibiotics or hormones)
- Gluten-free grains and legumes
- Plenty of fresh water
- Occasional sweets made with clean ingredients

Focusing on avoiding the irritants and incorporating whole foods will allow your body to naturally heal the digestive tract and eliminate bloating and digestion issues.

The following are a few supplements you can also take to aid your body in the healing process. Just remember that supplements alone do not fix the issue, they are meant to be *supplemental* to a whole foods diet.

## **Digestive Enzymes**

These are proteins that regulate the chemical reactions the body uses to digest food; the **enzymes** break down the food into nutrient pieces until they are small enough to be absorbed into the bloodstream and carried throughout the body.

Simply put, they help you absorb nutrients from foods and help you poo!

Shop my favorite brand [here](#).

## Probiotic

Another important aspect of fully healing your stomach issues is addressing the microbiome. The gut microbiome plays a very important role in your health by helping control digestion while benefiting your immune system and many other aspects of health.

The microbiome is made up of trillions of bacteria, fungi and other microbes that are constantly being 'fed.'

And (no surprise) the food you eat *directly* enhances the function of your gut or destroys it! Most of us suffering from stomach issues have a condition called **leaky gut syndrome**. This means that our microbiome has been damaged and is causing major imbalances in the body- such as headaches, mood problems, and of course- digestive issues.

To rectify this issue and heal the microbiome, we must feed our bodies the correct foods outlined above to enhance the function of our microbiome.

Another way to improve the microbes in your gut is to take a high-quality probiotic.

There are **MANY** probiotics on the market but I find HyperBiotics to have the best quality, price, and ethics. I have been taking these probiotics for several years, and they were one of the *biggest* catalysts in reducing my life-time bloating.

You can find them [here](#).

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Below are a few healthy recipes that are great for digestion!  
I hope you'll try them out and become inspired in your kitchen.  
Tag me in a photo @mindful\_manna!

# Healthy Recipes

Breakfast Oatmeal Recipe

<https://youtu.be/lhvQ0lYlrrc>

Lunch Kale Salad

<https://www.youtube.com/watch?v=9nCJ2hYOvqY>

Sweet Potato Dinner Recipe

<https://youtu.be/P0modRymVOA>

Dessert

<https://downshiftology.com/recipes/chocolate-mug-cake/>

My mission as a holistic health coach is to inspire you to take control of your health and heal your digestive issues. This will *radically* change your life by giving you confidence in the way your body feels and looks.

If you have any additional questions or would like to set up a free consultation to work with me one-on-one in achieving your goal of healing, please don't hesitate to send me an email at [mindfulmanna17@gmail.com](mailto:mindfulmanna17@gmail.com).

Health + Happiness,

*Ashley*