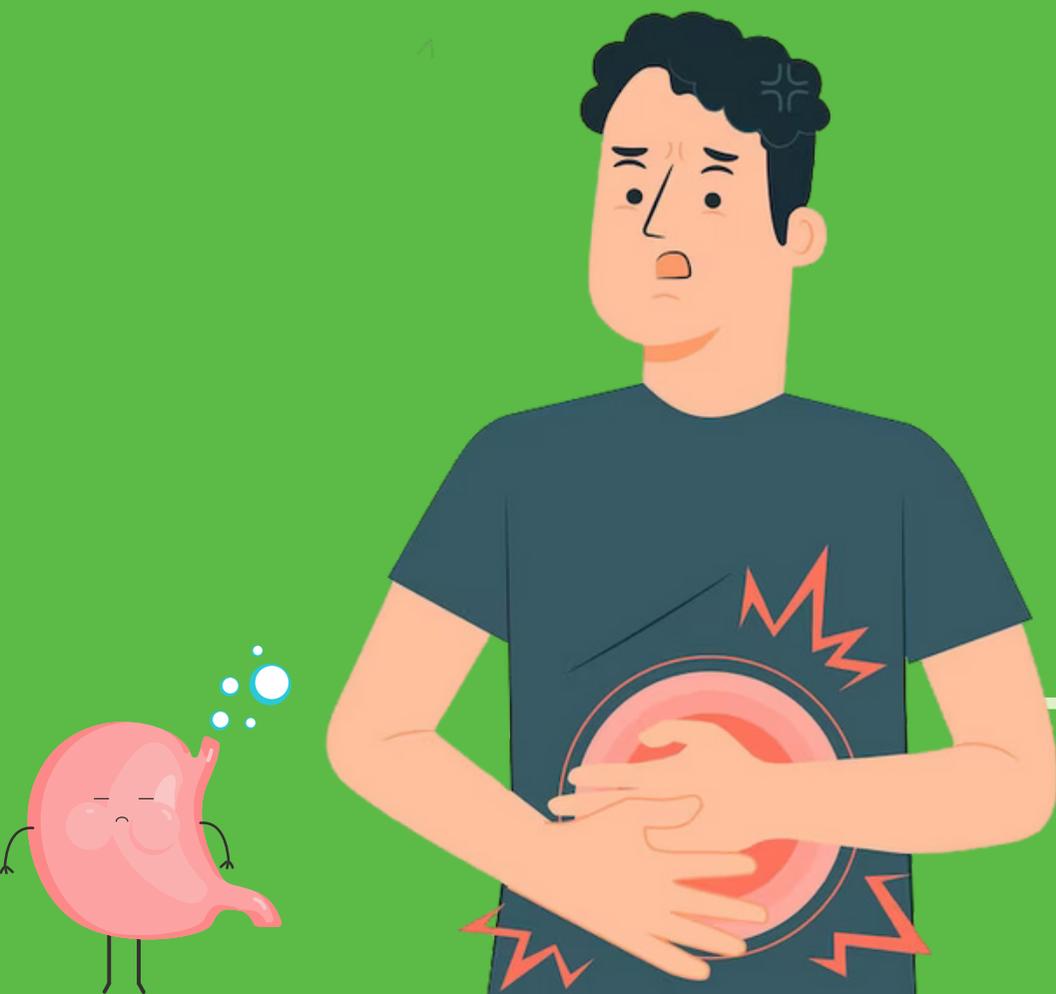


How can you deal with bloating



Dietary modifications

- Smaller, more frequent meals rather than large, heavy meals
- Control fibre intake
- Limit gas-producing foods (beans, cabbage, onions, and carbonated beverages)
- Identify food intolerances & sensitivities
- Staying hydrated through the day



Regular physical activity

- Light to moderate physical activity such as walking or gentle stretching



Medication review

- Review and identify any medications that may be causing bloating as a side effect
- Adjustments to medication dosages or alternative medications to be considered



Manage stress

- Meditation, deep breathing exercises, or hobbies can reduce stress & promote relaxation



Supplements & medical support



- Probiotic or digestive enzyme supplements for managing bloating
- Look out for symptoms like severe abdominal pain, changes in bowel habits, or unintentional weight loss, and seek medical evaluation



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