

sodium balance in the body and normalizes your digestive tract. Be sure to keep hydrated. Drink the daily recommendation of 8 (8-oz) glasses of water to rid the body of harmful toxins.

Dandelion tea is a mild diuretic that will also help get rid of the water your body is holding onto. It stimulates bile to help break down fatty meals that also make you bloated. Try drinking one cup per day.

Try taking 200 milligrams of magnesium daily to fight fluid retention and to expel gas. This crucial mineral eases constipation by relaxing the muscles in the intestinal walls. You can also find magnesium in green leafy vegetables such as spinach, legumes (beans and peas), nuts and seeds, whole grains and fish (such as halibut).

Potassium ensures that all cells, tissues and organs are operating properly. It can provide relief from bloating by balancing and circulating body fluids. Try eating potassium-rich foods such as bananas, kiwis and strawberries.

Feasting on fiber-rich foods can push stomach-clogging materials out of the body. Fiber moves food through the gastrointestinal tract quickly for better digestion.

About 25–30 grams of fiber is recommended per day, but most people usually get only 10–12 grams. Incorporate fiber into your diet by including foods like oatmeal, bran flakes, raspberries, lentils, and artichokes into your meals. You can also try fiber supplements that contain psyllium, a soluble fiber that can help regulate digestion and prevent constipation.

White bean hummus is a great fiber-rich food that can actually soak up water in the intestines. It helps to move the bloating, causing foods to push through your body faster.

Probiotics are made up of “good” living bacteria similar to those that naturally exist in the body and aid with digestive health. Probiotics regulate the amount of healthy bacteria in your system and normalize bowel movements. Through nutritional supplements or

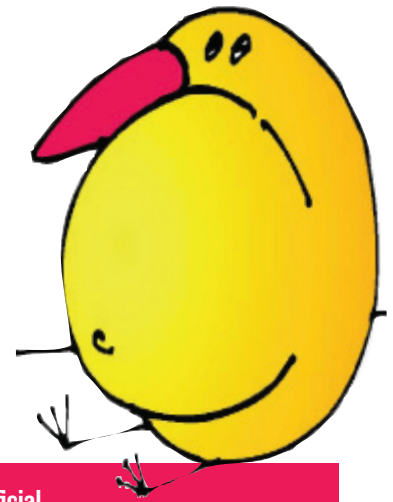
probiotic-enriched food sources like yogurt, miso, soy drinks, and juices, probiotics can be integrated into your diet. Look for “live and active cultures” listed on their packaging labels

Over-the-counter diuretics may be an alternate solution for you if can't seem to beat bloating through dietary changes. Detoxifying supplements that contain the active ingredient simethicone will dissolve gas quickly to prevent the development of larger bubbles from forming in the intestinal tract. Look for simethicone listed on the ingredient labels of over-the-counter aids.

Jumpstarting your physical activity can also give your digestive system a boost. Rigorous cardiovascular exercise, such as running or aerobics, activates the sweat glands that release fluids that the body could be retaining. Even just a 15–20 minute stroll around the neighborhood after dinner can help with digestion. Additionally, a workout is a huge stress-reliever; exercise can ease day-to-day pressures and prevent stress-eating.

Massage is a helpful way to keep bloating at bay. Massaging the abdominal area helps relax the muscles that support the bladder and intestine. Press your fingers near your right hip. Start massaging in small circles. Move hands from right to left making an arc under your breastbone. Massaging stimulates bowel activity to help push out excess stool and reduce bloating.

See your doctor if you find that bloating is interfering with your daily activities. It could be attributed to many “silent” disorders such as endometriosis, peptic ulcer, liver, kidney, gallbladder, celiac, thyroid, and pelvic inflammatory diseases as well as cancers such as stomach, colon, and ovarian. It's also frequently linked to irritable bowel syndrome, inflammatory bowel disease, and other gastrointestinal conditions. If you notice that your abdomen is looking persistently and unusually inflated and/or you're experiencing intense pain, be sure to schedule an appointment.



Artificial Sweeteners

Artificial sweeteners are frequently found in many reduced-calorie foods, processed products and diet or decaffeinated drinks. They contain chemical compounds called sucralose, aspartame and cyclamate that the digestive tract cannot break down easily. Sweeteners, which can be up to 300 times sweeter than natural sugar, are known to increase appetite and result in overeating. Be on the lookout for artificial sweeteners, and when possible, steer clear of them.

Carbonated drinks, like soda, cause air bubbles to form and expand in your abdomen. When they burst, carbon dioxide particles are dispersed in the stomach. They fill up your belly and cause bloating. Click here to wean yourself off soda with Dr. Oz's 28-Day National Soda Challenge.

There's plenty you can do to prevent bloating, but sometimes it is unavoidable. For those times, there are simple cures you can recourse to alleviate bloating and aid digestion. These effective solutions will remedy a bloated belly and cleanse the body.