

✓ **Bloating After Meals: Quick Checklist**

1.  **Go for a Gentle Walk (FART WALK)** – A light walk helps release trapped gas.
2.  **Sip Warm Water or Herbal Tea** – Calms digestion and reduce gas.
3.  **Practice Deep Breathing** – Relaxes your abdomen and improves gut motility.
4.  **Wear Loose Clothes** – Prevent extra pressure on your stomach.
5.  **Try the ‘Knee-to-Chest’ Stretch** – A simple yoga poses to relieve bloating.
6.  **Chew Fennel Seeds** – Helps in digestion and passing of gas.
7.  **Massage Belly** - Helps trapped gas to move out
8.  **Stay Upright after meals** - Helps in digestion.
9.  **Stay Hydrated** – Drink plain water, avoid carbonated drinks.
10.  **Eat Healthy, Slowly & Mindfully** - Supports smooth digestion.

 **Maintain a Food Diary** - Helps identify foods that trigger bloating.

 **Save & print of this checklist for a handy reminder after meals.**

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