



REDUCE THE BLOAT

This is one topic that is very significant and close to the heart for most women who suffer endometriosis.

We all know that bloating, or endo belly as it is often called, is a really common symptom and often seems to happen at the worst time. This symptom causes much distress, pain, discomfort and often leaves women not knowing how to get any relief and stuck in bed with a hot water bottle.

As well as bloating being caused by endometriosis, there can be other causes for the bloating with endometriosis including: inadequate stomach acid, food intolerances and low gallbladder function. Bloating can also be caused when endometriosis infiltrates the intestines which will cause inflammation.

Additionally, there can be other causes of bloating and gut distress as not all the symptoms you are suffering may be caused by endometriosis. Other gut problems you may be dealing with can include Small Intestine Bacterial Overgrowth (SIBO), Leaky Gut, Candida or Irritable Bowel Syndrome.

It will be a good idea to work with your Doctor or Natural Health Specialist to diagnose and treat these other health issues, especially as SIBO can lead to health problems like serious nutrient deficiencies.

For many women it seems the most common trigger for bloating is related to the foods they eat. This is when doing an [elimination diet](#) will help to you to understand which foods are causing you problems.

**HERE ARE A FEW TIPS THAT MAY GIVE YOU SOME
RELIEF FROM THE PAIN AND DISCOMFORT OF
BLOATING WITH ENDO**

BOOST GOOD BACTERIA

Aim for a daily consumption of a good quality [probiotic supplement](#). Probiotics can help heal the gut and aid in digestion. As well as supporting the gut probiotics support the immune system (80% of your immune system starts in the gut), and certain strains can impact mental health and support neurotransmitter production.

DIGESTIVE ENZYMES

Using digestive enzymes can help you to digest your food better and take the strain off your digestive system. During illness it can be common for the body not to produce enough stomach acid and this will reduce the function of your gut to help breakdown food.

Digestive enzymes can also be used taken away from meals to help with inflammation. These enzymes include bromelain, a digestive enzyme extracted from the stem of the pineapple (500 to 1000 mg taken four times a day apart from meals); papain, an enzyme derived from papaya (200 to 300 mg. four times a day apart from meals).

SUPPORT GALLBLADDER FUNCTION

You can also add 1-2 teaspoons of raw, unfiltered apple cider vinegar in a small glass of water ½ hr before each meal for additional digestive support. Add a shot of apple juice to reduce the acidity and make it easier to drink. Certain herbs can also support gallbladder function including Dandelion and Slippery Elm, and eating foods high in choline which helps in the production of bile.

FIXING GUT HEALTH ISSUES

As already mentioned, it will help to work with a medical professional to assess and treat other gut issues like SIBO, Leaky Gut etc.

Small intestinal bacterial overgrowth (SIBO) is a serious condition affecting the small intestine. It occurs when bacteria that normally grow in other parts of the gut start growing in the small intestine.

If left untreated it can lead to problems of malabsorption of nutrients, especially fat-soluble vitamins like vitamin A and D as well as iron. As women with endometriosis can easily become low in iron due to heavy periods, having depleted iron levels can make you feel very weak and fatigued.

Leaky gut, or "intestinal permeability," is a condition in which the lining of the small intestine becomes damaged, causing undigested food particles, toxic waste products and bacteria to "leak" through the intestines and flood the blood stream. Leaky gut can be treated with diet changes and adding the support of gut healing supplements like Slippery Elm, Collagen and Aloe Vera juice is very healing to the gut.

For Candida, avoiding all forms of yeast forming foods, fermented foods, and mould foods is essential, as these will all help to feed the Candida yeast overpopulation. Additional natural treatments include peppermint oil capsules, Lactobacillus acidophilus probiotic and garlic taken in capsule form can help.

AVOID TRIGGER FOODS

Many foods can aggravate bloating especially inflammatory foods like sugar, dairy, red meat, gluten and soy. It will really help to keep a food diary so you can track your food triggers. Make sure you avoid foods that increase gassiness and for many the main problem foods tend to be veggies with high cellulose content (a topic we have already covered) and eating beans and pulses, but this problem can be minimised by soaking beans and pulses before cooking.

HERBAL TEAS

Peppermint tea and ginger tea are both effective to help soothe the gut and relieve digestive distress. Peppermint has antispasmodic and relaxant properties and is best drunk between meals. Ginger is also reported to help digestion by stimulating bile and gastric juices, encouraging the breakdown of foods and reducing bloating. Both these teas can also help relieve nausea which is commonly suffered with endo.

KEEP YOUR BOWELS MOVING

This is easier said than done and many women with endo suffer from constipation. One of the first recommendations from your doctor is to increase your fibre intake, but make sure you balance your intake between soluble and non-soluble fibre. Increase your water intake and one of the best ways to keep your bowels moving is magnesium.

Magnesium citrate or small doses of magnesium oxide are the best options for constipation. One really good product to take for constipation which is also good to take to before bed is called Magnesium Calm, which is a powder mixed in water.

CASTOR OIL PACKS

Applying a [castor oil pack](#) to your abdomen can be very soothing and healing. Castor oil packs have the ability to reduce inflammation and reduce bloating, may be able to reduce scar tissue, they can help calm the central nervous system and support the digestive system. You can also apply a castor oil pack over your liver area which will help to improve detoxification. It is not advisable to do castor oil packs while you are menstruating or while pregnant.

REDUCE STRESS

Not always easy to achieve, but as stress is a major cause of bloating it can be beneficial to find ways to minimise stress in your life. Even doing something as basic as a breathing exercise can help reduce stress. Some women say that a gentle walk helps reduce their bloating, and certain yoga positions can also help.

MORE TIPS AND ADVICE

ENDOMETRIOSIS FLARE TIPS:

On a similar topic you will find an article with advice and tips to help with the symptoms when you have an endometriosis flare [HERE](#)

NATURAL REMEDIES ADVICE:

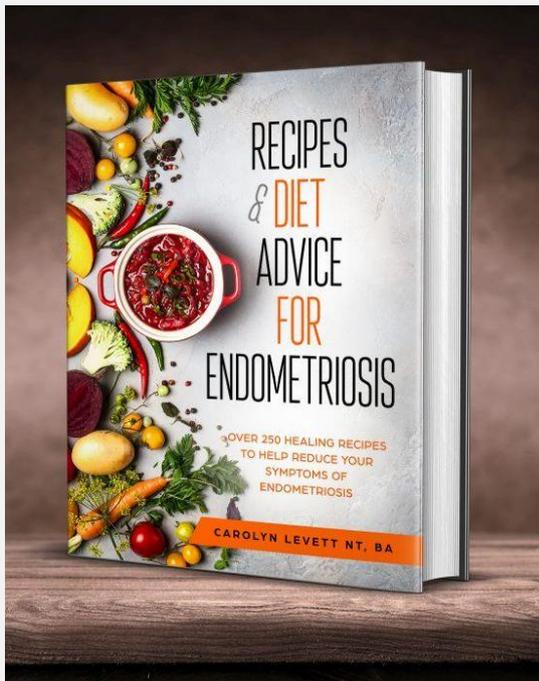
If you are interested in using more natural remedies and treatments to help manage your endo you will find a collection of articles [HERE](#)

DIET, NUTRITION AND SUPPLEMENTS:

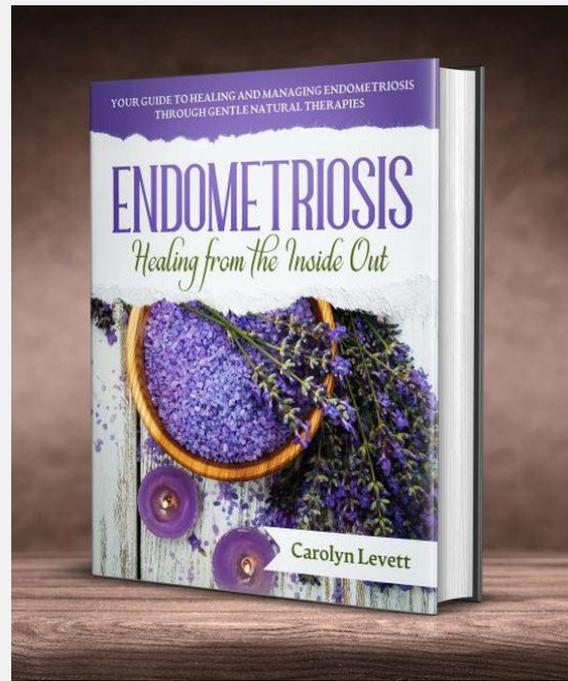
For more advice about diet, nutrition and supplements you find a collection of articles [HERE](#)

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