

HOW TO

NEVER BE BLOATED AGAIN



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How to Never Be Bloating Again

The trouble with bloating is that it can be caused by about a dozen factors...

But the good news is that it can really only be a dozen factors! And, once we narrow down the list with simple tips that are easy to implement we can find the underlying cause of your bloating, gas, or digestive discomfort.

Please use the list below that has helped so many people from around the world become symptom free after suffering for years.

Enjoy my "Top 10" Tips + Bonuses and let my team and I know how you're feeling!

1. Chew Your Food to a Paste

This tip is especially important with proteins like meat, fish, eggs, and poultry. Without chewing really well your stomach and digestive system are forced to work harder - which requires more energy (often leaving you tired after a meal).

The other issue is that undigested food is allowed to sit there for too long and may ferment in your stomach (and further down in your intestines). This fermentation process causes gas, which then bloats your stomach and intestines.

So the goal is to make it easy on your digestive system and chew your food to a paste before swallowing.

2. Do Not Drink Liquids with Meals

This tip compounds the effects of our first tip. Drinking liquids with meals slows the digestive system by diluting the digestive enzymes and hydrochloride in your stomach, which in turn digests your foods.

Drinking cold water makes it even worse and would cool off the heat your stomach needs to “cook” the food in your stomach.

The best thing you can do is to consume your liquids 30-minutes or more before meals and then wait another hour after eating. The only exception to this would be drinking a small cup of hot ginger tea (or coffee if you drink coffee) during or after your meal to aid in digestion.

3. Eat Fruit First

Fruit is essentially just pure sugar with a little fiber to slow it down... But it still moves through your stomach quickly.

So knowing this now, it's important to not slow its passage through the digestive tract. By eating fruit with meat or slow digesting foods you will potentially allow that fruit to ferment and cause gas and bloating.

This is why I recommend either having fruit as part of a blended smoothie, after exercising, between meals as a snack, or before a meal as an appetizer.

4. Grain Reactions

Probably the simplest way to fix bloating issues is to eliminate grains for a few weeks from your diet.

It's important to start with an elimination diet to see if this was the source of your bloating. Plus, it takes care of the whole food-combining problem and allows you to eat more freely.

My recommendation is to cut out the cereal, bagels, muffins, and other starches in the morning and begin your day with a smoothie. If you'd like to simplify the process you can follow the maintenance plan that came with the [Dr. Detox Detox](#) before testing grains again.

5. Food Combining Made Easy

Food combining has been known about for over 5,000 years, but yet it still isn't being taught in either conventional, or natural medical school.

The reason it's not taught is because it's complicated and deals with specific enzymes that break down different foods at different rates of speed... So yes, it's very complicated, but I'm about to make it really easy.

Here's all you need to remember:

1. Eat fruit first or away from meals.
2. If you're going to eat a starch with your meal, eat it before your protein and vegetables.
3. Eat your salad, non-starchy vegetables, and protein last.

This is my modern day approach to food combining and it's served me and my clients well over the years.

6. Raw Vegetable Warning

We've all been told raw vegetables are good for us... But that's only true if we can digest them.

For many people their digestive systems are far too weak to break down uncooked raw vegetables. Due to this fact, it's best cook your vegetables to break down some of their fibrous structure before trying to digest them.

Once your digestive system gets stronger you can begin introducing small amounts of them in your diet.

7. Cut Out Nuts & Nut Butters

Just like raw vegetables, nuts can be a challenge for many people to digest. One of the reasons is that nuts contain protective "anti-nutrients," which make them

harder to breakdown and absorb.

Also, nut butters contain oxidized fats, and each tablespoon contains approximately 12g of fat. And since most people eat at least 2 handfuls of nuts or 2 tablespoons of nut butter per serving, that means you're getting over 24g of fat per sitting... Regardless of what type of fat it is, that much fat itself is hard to digest.

My advice is to strengthen your digestive system first and then go back to trying some nuts in your diet if desired.

8. Use the 3-4 Hour Rule

Sometimes you're doing all the right elimination and food combining tips, but you're still feeling bloated...

One reason is that we've been told by some well-intentioned (but incorrect) diet gurus to eat small meals while grazing throughout the day.

This advice does not work for people with weak or slow digestive systems. Here's why - When your digestive system isn't functioning optimally food breaks down slower in your stomach.

This is why when you eat again too quickly after a meal your putting fresh undigested food on top or partially digested food. Mixing fresh new food with partially digested food can cause major bloating and gas.

My recommendation is to keep your meals about 4+ hours apart and stick with just eating breakfast, lunch, and dinner. The exception to this is that if you're going from 12pm to 7pm at night without eating, you could have a small snack around 4pm.

9. 2 Handfuls is Enough

Sometimes the simple cause of bloating is that you're just eating too much!

Your stomach is only about the size of your fist before it begins expanding, and the more you eat, the more it expands.

If you're suffering from bloating, the bottom line is do not eat more than 2 big handfuls of food per sitting (you're going to eat again in a few hours!).

This is a simple one to test out and you may find you're only bloated when you over eat...

10. Wake Up with a Flat Stomach

One tip that can dramatically improve your health and digestion is to stop eating after dinner.

The reason is that you want to make sure you're not snacking after dinner, so you can go to bed with an empty stomach. This will allow you to get into a deep sleep after the food has left your stomach about 3 hours after eating.

Doing this will also enable you to better detoxify and renew your body as you rest overnight. You may even notice that you begin to wake up less bloated and feel lighter. Plus, the side benefit is that you will most likely sleep better and have more energy!

Bonus #1: Use Digestive Aids

One of the easiest ways to get your digestive system up and running again is to help it out with natural digestive aids.

Without going into a nutritional biochemistry lesson, your body begins digestion in the mouth and stomach using enzymes. Then, your stomach produces hydrochloric acid and pepsin. And after that, bile is dropped into the small intestine from the liver and gallbladder before the bacteria in the intestines does its job finishing off your food.

So to make a complicated process simple, I created a system to mimic this natural process in the body.

All you have to do is take a digestive enzyme to start your meal (just like when your body would produce enzymes), then during the meal you'll take Betaine HCL to help break down the protein.

(If you take an acid blocker you may not want to use the Betaine supplement.)

Away from meals you'll take natural bile and probiotics or beneficial yeast strains.

If you're ready to begin using the digestive protocol I just reviewed, you may click the link below for details and the exact nutritional supplements I recommend to my private clientele.

- [Digestive Enzymes](#)
- [Betaine Hydrochloride](#)
- [Bile](#)
- [Probiotic](#)

Bonus #2: Functional Medicine Testing

If you've followed the tips above and used the digestive supplements and are still experiencing bloating, I can't recommend enough the need to test for yeast and bacterial overgrowth, as well as food sensitivities.

Sometimes, you can be doing everything you can to eat well, but still be dealing with digestive distress, gas, and bloating. At this point, there's nothing more you can do from a nutritional standpoint and you'll want to explore additional Functional Medicine testing options.

Here are the easy to use at-home tests you can run to look for the deeper underlying root causes of your digestive issues:

- [Yeast and Bacterial Gut Testing Package](#)
- [Parasite Stool Testing](#)
- [Food Sensitivity Testing](#)

(Currently these packages are only available by emailing support@DrCabralDetox.com and for US residents only.)

Putting It All Together

Although it can seem a bit challenging in the beginning, I've seen the majority of people that I've worked with completely eliminate their bloating within 21 days.

Simply move through the steps above (one at a time, or all at once) and then begin challenging in each food one at a time when you feel better.

I also highly recommend using the digestive supplement aids in the beginning to kick-start your own natural digestion, which may have become sluggish over the years.

And remember, you only have to get this process right once, so even though it can be a little tedious in the beginning –it's worth it for the life-long benefit of no bloating or digestive issues!

Thank you again for reading my free report and for beginning to take control of your own health & life!



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