



8 Evidence-Based Ways to Reduce Bloating

That Don't Require a Detox or Guesswork

For the bloated, backed-up human who's tired of chasing answers and just wants to feel normal again.



DR. RACHAEL LOVINK | WWW.DRLOVINK.COM



Start Here

You already know bloating isn't normal- but that doesn't make it easy to fix.

You've done the food journals. Cut out gluten, dairy, sugar (and joy). You've Googled "candida overgrowth" at 2 a.m., taken the supplements, followed the protocols- and still end up looking six months pregnant by mid-afternoon.

It's not your fault. Bloating is messy and complex. But that doesn't mean you're stuck.

These 8 research-backed strategies are a smarter place to start if you're done with bandaids fixes and finally ready for real, sustainable gut relief.





8 Gut-Smart Habits to Try Today

- Make time to go in the morning.**

Constipation is a sneaky cause of bloating- even if you “go” daily. Rushed mornings, skipping breakfast, and holding it in mess with your motility.

 - Eat something within an hour of waking (yes, eating stimulates bowel movements)
 - Schedule time to sit on the toilet- ideally unrushed, after eating, with feet supported

- Chew thoroughly.**

Digestion starts in your mouth. Chewing well (20–30 times per bite) helps your body do less heavy lifting downstream.

- Eat at regular intervals**

Eating at regular intervals supports gut motility, prevents gas buildup, and reduces the urge to overeat later (which can worsen bloating). Your gut thrives on rhythm- not restriction.

- Move after meals.**

A 10-minute walk post-meal supports motility, reduces bloating, and helps your gut move things along- literally.





- Minimize constant grazing throughout the day.**
Constant snacking interrupts your MMC (the gut's self-cleaning system). Aim to leave 3-ish hours between meals if possible.
- Know your personal food triggers.**
Not every gut responds the same. Track how your body reacts to high-FODMAP foods, sugar alcohols, high fat foods, fibre supplements, protein powders, etc. Your "healthy" might be your trigger.
- Skip the bubbles.**
Kombucha, sparkling water, and fizzy drinks = extra gas. Keep it simple when symptoms flare.
- Breathe before you eat.**
60 seconds of slow breathing activates your parasympathetic nervous system. It shifts your body into "rest and digest"- not fight-or-flight.





What You're Missing Isn't Knowledge It's Strategy

Let's be real: if more information fixed bloating, you'd already feel better.

This isn't about finding another "magic" food or supplement. It's about creating the right conditions for your gut to actually function—predictably, consistently, and without micromanaging every bite.

Because here's the truth: when your gut is bloated, backed up, and dysregulated, fibre and food strategies often fall flat. You can't build a rhythm on top of a backup— and no amount of clean eating can override a gut that's out of sync.

What your body actually needs is **retraining**— NOT restriction.

That includes resetting your gut's timing, rebuilding digestive reflexes, and supporting the gut-brain connection with practical, doable nervous system inputs.

Ready for something that actually works?
That's where **The Gut Rhythm Method™** comes in.





Real Relief Starts Here

If you're stuck in the cycle of bloating, food fear, and unpredictable digestion- and nothing's worked long-term- it's time for a smarter, more strategic approach.

✦ **The Gut Rhythm Method™** is a personalized 1:1 care experience that helps you feel light, regular, and in control again- without another restrictive plan, pricey test, or supplement pileup.

We follow four clear, research-backed steps:

1. **Root Cause Clarity:** Identify what kind of constipation you actually have so we stop guessing.
2. **Rhythms:** Retrain your gut's natural timing and reflexes.
3. **Routines:** Anchor your rhythm with daily structure that supports consistency.
4. **Right Kind of Fibre & Food:** Reduce bloating, nourish your gut, and rebuild food confidence- without flares.

This is care that works with your body- not against it.

🔍 What to Expect in Your Free **Gut Clarity Call:**

We'll review what you've already tried, what's likely missing, and what your gut truly needs to move forward with clarity and confidence.

