

# Your Holiday Bloat Rescue Guide

## Understanding Holiday Bloat



### It's Not Fat, It's Bloat

That swollen, heavy feeling after holiday meals is from salt, sugar, fluid retention, and digestion—not permanent weight gain.



### Get Relief in 24–48 Hours

By following a few simple steps, you can beat the bloat and feel better quickly.

## Top Holiday Bloat Triggers



### Salty Foods

Items like ham, gravy, and processed dressings cause your body to retain water.



### Sugar Overload

Holiday sweets and desserts can disrupt digestion and lead to gas and bloating.



### Alcohol & Carbonated Drinks

Both can irritate the digestive system and introduce excess gas.



### Lifestyle Factors

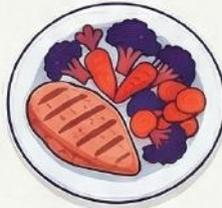
Eating late at night and a lack of physical movement slow down your digestion.

## Your 24-48 Hour Belly Reset Plan



### 1. Hydrate Immediately in the Morning

Start your day with water, especially warm lemon water, to help flush your system.



### 2. Eat Light & Simple

Stick to simple proteins and vegetables. Reduce carbs and avoid heavy or salty foods temporarily.



### 3. Incorporate Bloat-Reducing Foods

Add items like cucumber, ginger, bananas, and leafy greens to your meals. Sip on peppermint tea.



### 4. Use Probiotics

Add a source of probiotics to help support gut balance and healthy digestion.



### 5. Move Gently

A short walk, especially in the morning, can aid digestion and reduce bloating.



### 6. Avoid Alcohol

Give your system a break by avoiding alcohol for at least 24 hours.



### 7. Prioritize Sleep

Quality rest is crucial for helping your body reset and recover.

## “Bloating is Temporary

“Bloating doesn't mean you gained weight—it just means your body needs help settling down. Follow this guide...and you'll be fine.”