



# THE SOLINGER METHOD

by Root Health L.L.C.

## Bloating Handout

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### FUNCTIONAL WELLNESS SUPPORT PLAN

Adult Bloating

Root Health L.L.C, The Solinger Method

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### What Is Bloating

Bloating is the sensation of abdominal fullness, pressure, distention, or visible swelling caused by **impaired digestion, fermentation, gas production, or motility dysfunction**. It is not normal, even if it is common.

In adults, bloating is rarely due to excess food volume and far more often reflects:

- Low stomach acid
- Impaired pancreatic enzyme output
- Bile insufficiency
- Dysbiosis or SIBO patterns
- Delayed gastric emptying
- Nervous system driven digestive suppression

Bloating is a **digestive signaling failure**, not a food intolerance by default.

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## Conventional Medicine Perspective

Conventional medicine often views bloating as:

- Functional
- Stress related
- Diet driven without clear mechanism

Typical responses include:

- Low FODMAP diets
- Antispasmodics
- Gas reducing agents
- Reassurance

While symptom reduction may occur, this approach often fails to address:

- Why digestion is inefficient
- Why fermentation is occurring
- Why motility is impaired
- Why bloating returns when foods are reintroduced

Avoiding food is not the same as fixing digestion.

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## Naturopathic Medicine Perspective

Naturopathic medicine views bloating as a **failure of the digestive cascade**, beginning in the stomach and progressing through the pancreas, liver, gallbladder, and intestines.

Key systems involved include:

- Gastric acid and protein breakdown
- Pancreatic enzyme secretion
- Bile flow and fat digestion
- Gut motility and peristalsis
- Microbial balance
- Vagal nerve signaling

The goal is to **restore digestion from top to bottom**, not restrict food indefinitely.

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## Key Drivers and Patterns in Adult Bloating

### Upper GI Pattern



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- Bloating shortly after meals
- Belching
- Fullness with small portions
- Often linked to low stomach acid

### **Fermentation Pattern**

- Bloating one to three hours after eating
- Gas, pressure, distention
- Worsened by carbohydrates or fiber
- Often linked to dysbiosis or SIBO

### **Bile Insufficiency Pattern**

- Bloating after fatty meals
- Greasy stools or constipation
- Nausea with rich foods

### **Nervous System Pattern**

- Bloating worse with stress
- Rapid eating
- Eating while distracted

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## **Nutritional Strategy for Bloating**

Nutrition for bloating focuses on **digestive efficiency, motility support, and fermentation reduction**, not food fear.

### **Core Nutritional Priorities**

- Improve stomach acid signaling
- Reduce fermentation pressure
- Support bile flow
- Normalize meal timing
- Reduce digestive workload temporarily

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## **Therapeutic Foods to Emphasize**

### **Easily Digestible Proteins**

Support gastric signaling without excessive fermentation.



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- Eggs
  - Fish
  - Poultry
  - Slow cooked meats
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### **Cooked Vegetables Over Raw**

Cooking reduces fermentability and digestive burden. •  
Squash • Carrots • Zucchini • Green beans

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### **Bitter Foods**

Stimulate bileflow and digestive secretions.

- Arugula
  - Dandelion greens
  - Radicchio
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### **Fermented Foods (Selectively)**

Used carefully and strategically.

- Sauerkraut juice
- Yogurt if tolerated

Fermented foods help some and worsen others, response matters.

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### **Strategic Eating Rules**

- Eat seated and unrushed
- Chew thoroughly
- Avoid large evening meals
- Stop eating before fullness Digestion begins in the nervous system.



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## **Reduce or Avoid (Temporarily)**

- Large raw salads
  - Carbonated beverages
  - Excess sugar alcohols
  - Chronic snacking
  - Drinking large volumes of liquid with meals
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## **Targeted Supplement Support**

Therapeutic Adult Dosing

### **Betaine HCl with Pepsin**

Supports stomach acid and protein digestion.

**Dose:** 1 capsule with protein containing meals, titrate as tolerated

Avoid with active ulcers.

### **Digestive Enzymes (Broad Spectrum with Lipase)**

Supports carbohydrate, protein, and fat digestion.

**Dose:** 1 to 2 capsules with meals

### **Ox Bile or Bile Salts**

Supports fat digestion and reduces post meal bloating.

**Dose:** 125 to 500 mg with fatty meals

### **Magnesium Citrate or Glycinate**

Supports motility and reduces gas pressure.

**Dose:** 300 to 600 mg daily

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## **Targeted Herbal Support**

### **Ginger Root**

Improves gastric emptying and reduces bloating.

**Dose:** 1,000 to 2,000 mg daily or tea form



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## Peppermint

Reduces intestinal spasm and gas retention.

**Dose:** 180 to 360 mg enteric coated capsules daily

## Fennel Seed

Supports gas dispersion and motility.

**Dose:** 500 to 1,000 mg daily or tea

Herbs improve flow, not suppression.

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## Celery Juice as Digestive Support

In clinical practice, **fresh celery juice** is one of the most consistently helpful tools for adults with chronic bloating, particularly when low stomach acid and sluggish digestion are present.

### Why Celery Juice Can Be Helpful

- Supports gastric acid signaling
- Enhances digestive secretions
- Improves hydration of the digestive tract
- Reduces fermentation pressure
- Supports liver and bile flow

Many patients report reduced bloating within one to two weeks of consistent use.

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### How to Use

**Dose:**

8 oz fresh celery juice daily

**Timing:**

First thing in the morning on an empty stomach

**Preparation Notes:**

- Fresh juicing preferred
  - Strain pulp for sensitive digestion
  - Avoid adding fruit or acids initially
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## When to Use Caution

- Active gastritis or ulcers
- Severe diarrhea
- Electrolyte sensitive individuals

Response should guide continuation.

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## Lifestyle Support That Matters

- Slow meals
- Proper posture while eating
- Gentle post meal walking
- Stress reduction during meals

Calm digestion digests better.

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## When to Dig Deeper

Further evaluation is warranted when bloating persists:

- SIBO testing
- Comprehensive stool analysis
- Gallbladder and bile markers
- History of long term acid suppression

Bloating resolves when **digestion and flow are restored.**

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