

Beat The Onboard Bloat

Feeling bloated, puffy and jetlagged? Follow these simple tips before take-off and onboard to land looking svelte and first class!

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Ditch the bloaters

The easiest way to prevent bloating is to avoid the foods that encourage it. The common culprits include gas-producing vegetables such as beans, broccoli, cauliflower, brussels sprouts, cabbage, onions and lentils. Choose green beans, mushrooms, squash, carrots and courgettes instead. Apples, pears, peaches and citrus fruits can also lead to an inflated stomach. Stay away from fatty foods too, as they slow down digestion giving rise to fermentation, another cause of bloating. Salty foods also are a no-no, as they encourage water retention and puffiness. Avoid or minimise these foods for great results!

Eat tummy-loving foods

Yoghurt can ease digestive bloating by boosting the good bacteria in your gut, which if not balanced can make bloating worse. Your best food choices for a happy tummy include papaya, pineapple, berries, lean proteins such as fish, chicken and turkey, and vegetables like spinach, lettuce, tomato, cucumber, fennel and chicory.

Steer clear of the bubbly

Avoid any carbonated drinks, i.e. beer, soda, champagne, sparkling water, if you don't want a balloon-like belly. Instead, drink beverages rich in electrolytes, such as tomato or fruit juices to keep your body hydrated and your stomach flat.

Rehydrate to regulate

Still mineral water should be at the top of your list, as it flushes out the system preventing bloating and water retention. It also helps to move the food through the colon and prevent constipation, another cause of bloating. Regular tea and coffee can cause dehydration



and bloating in sensitive tummies. Try fennel, ginger or peppermint tea, renowned for their tummy-soothing properties.

Eat and drink slowly

Swallowing too much air when eating or drinking is a big cause of bloating. All that air gets trapped in the digestive system leading to belly expansion. This can be avoided by eating slowly and chewing with your mouth closed!

Respect your intolerances

Food intolerances, especially to wheat, gluten and dairy products, can cause bloating in sensitive individuals. Avoid or minimise these foods before your trip and while onboard, or get gluten-free and dairy-free alternatives. Advise your airline in advance of your special dietary requirements.

Get moving

Even a quick five-minute walk can relieve bloating. Moving your body helps release air that has been trapped in the digestive system more quickly, so you feel better faster. Whenever the fasten seatbelt sign goes off, get up and walk up and down the aisle to keep the digestive system functioning better.

Try natural remedies

If bloating is an issue, not just onboard but on land too, try Mindlinx, a great combination of soothing glutamine powder and probiotic. Polyzyme Forte, a broad spectrum enzyme complex is excellent if bloating is caused by food intolerances and poor digestion. If suffering from spasms, try Intestinal Bowel Supplement. All supplements are available at www.biocare.co.uk

Soothe your stomach

For a quick relief, give yourself a gentle, clockwise tummy massage.

Beat jetlag

- Drink plenty of water. A well-hydrated body can adjust better to new time zones.
- Eat protein for breakfast and lunch and carbohydrates for dinner. Protein foods help your body wake up and stay alert, while carbohydrates help you sleep better.
- No matter what time you reach your destination, wait until it is night there to go to sleep to adjust your body clock naturally.
- Find out if you are a day or night-flyer to help your body get into sync faster.
- Try CherryActive Capsules. They are high in melatonin, the same compound found in the brain which regulates the body's internal clock. Take it before, during and after your trip to counteract jetlag and enjoy your destination fully! Available at www.cherryactive.co.uk

Note: Always consult a doctor before changing your diet, taking any supplements and read all the supplement instructions. □

■ With a flourishing private practice on prestigious Harley Street in London, Akcelina Cvijetic is Nutritionist and Life Coach to the royal family, celebrities and business people

