

# 1-Day Post-Bloat Recovery Plan

## Morning

- Ginger lemon water
- Dandelion Root Tea
- 20-30 min walk
- Protein + white rice + cooked veggies (eat enough to feel satisfied, but avoid overeating)

## Afternoon

- ACV shot before meal
- Chicken + sweet potato (focus on fullness without discomfort)
- Digestive Enzymes

## Evening

- Bone broth or low-FODMAP soup
- Magnesium Glycinate
- 15-30 min walk, hot bath, or light stretching

## All Day

- 80-100 oz water + electrolytes (try Pink Himalayan Salt)
- Avoid carbonated drinks, chewing gum, and trigger foods

## Flush Tips

- Drink ginger lemon water warm on an empty stomach
- Steep Dandelion Root Tea for 10-15 minutes
- Walk to stimulate digestion
- Slow down and chew thoroughly

## Bonus: How Often to Use

- You can safely repeat this plan for up to 3 consecutive days
- Use it after travel, overeating, or when you feel inflamed
- Safe to use as needed - no limit on frequency

## Bonus: Morning Debloat Shot

- 10 oz warm water
- 1 tsp grated ginger or a tea bag
- Juice of 1/2 lemon
- Optional: pinch of cayenne
- Optional: 1 tbsp ACV if tolerated
- Drink on empty stomach to kickstart digestion and reduce bloat