Bloat Free Belly Bible

BY JULIA SANA





Welcome to this guide

3 Years ago I discovered a few secrets that have miraculously transformed my digestion and helped me have a flat belly all day long even after 3 big meals.

And that is why I made this guide for you.

So that you may experience the same, if you want.
Because it has not always been like this for me. I used to struggle with all types of digestive issues, bloating and overweight. And I know what it's like, truly... That's why I feel so passionate about being here for everyone who is tired of it all and wants to reach true freedom and long-lasting vitality. So let's begin...

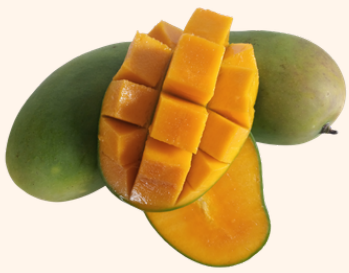
STEP 1

Increase easy to digest foods

Add in more and more simple foods step by step

High fiber & high water content foods = easy to digest foods

- Grapes
- Melons
- Ripe mangos
- Ripe bananas
- Dates
- Figs
- Tomatoes
- Cucumber
- Tender leafy greens
- Sweet potatoes
- Potatoes



STEP 2

Replace hard to digest food

Fibre-less and or dry foods = hard to digest foods

- Bread
- Gluten
- Oil
- Protein powder
- Animal products
- Nuts
- Crackers
- Candy
- Cookies

For example: Consider replacing bread with potatoes;
gluten-based pasta with organic corn pasta;
oily sauces with a homemade, oil-free tomato sauce.

Replace instead of eliminate. One thing at a time.

STEP 3

Slow and conscious eating



- Be present in the here and now while you are eating
- Enjoy your food
- Be grateful and appreciative while you eat
- Eat foods you genuinely love and enjoy
- Chew your food well (also smoothies and juices)

Want to know a secret flat belly hack?
Chew your food until it has the consistency of apple sauce and put the fork or spoon down in between bites... Lifechanging.

STEP 4

Take Belly Balloon Breath

Stressed body = paused digestion

Take deep belly balloon breaths while you eat.
Pause every once in a while, put the cutlery down and take in some air (aka prana) together with your meal.

That way your diaphragm moves down and massages your digestive system with every breath.
To do the belly balloon breath, inhale and let your belly fill up like a balloon - pause for a second, then exhale slowly.



STEP 5

Digest before you rest



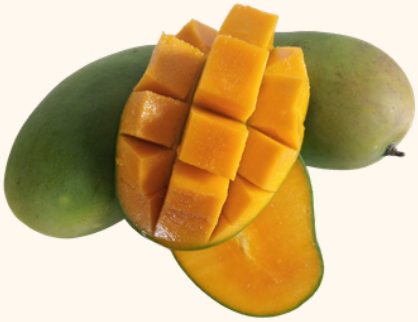
1. I usually fast for at least 4 hours before going to bed (and of course while I sleep)
2. To accelerate the healing of bloating one can even go for 6 hours of fasting before sleep
3. After 2 weeks or so this routine will have become ingrained and it will feel like brushing your teeth

I eat breakfast very soon after waking up and always eat enough calories throughout the day in order to be able to do this with ease.

STEP 6

Optimize Food Combining







1. Eat Melon first thing in the day on its own or with citrus
2. Be careful with eating fruit after cooked food, it can get stuck waiting behind the slower to digest foods
3. Fruit wants to be eaten alone without cooked foods

Fruit is like a jealous girlfriend.
She wants you all to herself.

STEP 7

Incorporate movement & play



Moving your body reduces bloating by moving some of that built-up gas through your digestive tract

→ **Less gas = less bloating**

Exercises I like to do, to flatten the belly:
Yoga Poses: Child's pose and supine spinal twist (click here)
Cardio: Rebounding, jumproping, cycling and the best movement, if you ask me....

...is dancing 🤩🤩🤩



You did it!!

Thank you for picking up this guide. You can be so proud of yourself for taking action and having gone through these steps.

If you would like someone holding you accountable applying these principles and help you get amazing results for yourself, I would love to support you further.

For that I have created **Meme Monday** 💌✨🌺

A weekly letter in your inbox to give you a gentle inspiration and motivation boost at the beginning of each week.

Sign Up For Free Now

Now it’s your turn 🤩

Any change in life starts with your action 💯

After waking up tomorrow spend 3 minutes to move, shake or even dance to some music.

Celebrate your body. Sing along if you want.

Embody your new identity of a vibrant, lean, glowing, slim, fit woman who loves her body and feels light and energized.

And for this I wrote the perfect song for you:



Satisfied

Julia Sana

Would you like more?

If so, I made a full Spotify playlist for you.



Feel Good Hits
Julia Sana

Thank you for picking up this guide.
You've got this, I believe in you.

View the full Spotify playlist

I am sending you lots of love and a big warm hug,

Julia Sana ❤️



DISCLAIMER

I am a certified yoga teacher, spiritual life coach and nutrition coach. I am not a doctor, and this guide is not medical advice.

Everything here is educational and comes from my own experience and practice. It is not a diagnosis, not a treatment, and not a replacement for care from a qualified medical professional.

Bloating is usually harmless. Occasionally it is not. If yours is persistent, severe, or comes together with unexplained weight loss, blood, vomiting, fever or ongoing pain, please see a doctor rather than a guide.

Please speak to your doctor before changing how or when you eat if you are pregnant or breastfeeding, take medication, have diabetes or a diagnosed digestive condition, or have any history of disordered eating. Fasting and removing foods are not right for everybody.

Every body is different, so I cannot promise any particular result. You stay responsible for your own choices and act on your own responsibility.
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