

How To Tackle Bloating Once And For All - October 15, 2020

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A lot of people ask me on my social media channels like Instagram what they could do about their bloating. So, let's get this one sorted now!

Thank you for tuning in to my channel My name is Patrick Amadeu and I release valuable content to help people who are unhappy, unhealthy, tired all the time, who are struggling with their weight and physique and because of all that they're struggling with their confidence and maybe even with their relationship!

So if you can relate to any of that and you're looking to crush it be sure to subscribe to my channel so you never miss on new content.

Now let's get started with today's show which happens to be episode nr 4!

Back to the question 'How can we tackle bloating once and for all'

You have two completely different things that are causing these things in your body. I have so many people that hit me with comments that say, hey my stomach's bloated and my face is bloated or how do I get rid of body bloat and facial bloat. Well quite honestly, we have to address that there's two different things that are causing those. And what usually causes facial bloat has to do more so with dehydration and minerals. So, I'm gonna get into the science of what's gonna cause your facial bloat and what's gonna cause abdominal bloat.

All right, so first off let's talk about facial bloat!

How many times have you woken up in the morning and you look in the mirror and you say what the heck I feel totally moon-faced, like you just don't even look the same that you normally do. And I'm not being totally self-absorbed when I say this but I'm on camera a lot and if I look in the mirror and I see facial bloat it throws off my day as I don't like the way that I look and I think I speak for a lot of people when I say that you probably feel the same way.

Well it has to do more so than anything with dehydration and it affects your face simply because we generally tend to retain water in our face first before anywhere else. And more than anything

it has to do with the fact that we're dehydrated in the morning. So, when we get up, we've been laying down and gravity of course is pulling water and pulling blood into our face, it's also known as edema, it's pretty simple right, but it goes a little bit deeper than that. You see when you start to get dehydrated, at the very beginning of dehydration is when you are gonna see the most facial bloat. As you get more and more dehydrated the facial bloat actually goes away. You see the facial bloat is sort of a last resort for your body to try to hold on to water.

A lot of people don't realize that when you get dehydrated your body holds onto water that's the whole idea. Normally your kidneys are excreting all of your minerals and water that you're consuming or not all of it, but most of it as you're bringing more in. But if you're not bringing enough water in and you're not excreting it, your kidneys aren't working, they communicate with your brain to try to hold on to water in order to preserve it. It just so happens that the face is the first place that we see that.

So, what I'm trying to say here is that let your face be sort of the litmus test for the fact that you're on your way to getting more dehydrated. Some people just let it go so much further past that, that eventually the facial bloat goes away, but they're actually even more dehydrated. So, when your face is super bloated you're in the early stages of dehydration. But there's another reason that this can happen as well and it has to do with way too much what I call unopposed sodium.

Unopposed sodium is not just having high amounts of salt. And look, salt is not your enemy! What is the enemy is pure absolute unopposed sodium, which means things like iodized salts that don't have other minerals to balance it out! You see sodium needs potassium; sodium needs magnesium to balance it out. Because sodium is what is known as something that is osmotic. Now osmotic means and its gonna draw water in. So, if you have high amounts of sodium and low amounts of water, like you're already starting to be dehydrated, what little water is left is gonna get drawn into the bloodstream and drawn into your capillaries and a lot of times make you puffy.

So how do you counteract this? Well, step one is using a balanced salt, using something like Truffle salt, using something like Pink Himalayan salt or using something like Brazilian sea salt. Although if you watched recent news, you probably know by now that even sea salt is contaminated with a lot of plastics. So, Truffle salt or Himalayan salt is gonna be the way to go.

The other thing that you're gonna want to do first when you start to see a little bit of facial bloat coming on, is consume some cream of tartar, just because it contains a high amount of potassium. It's a byproduct of winemaking and it's really very easy to add, just mix it in a little bit of water and you barely taste it. You'll get about 475 milligrams of potassium in just a teaspoon of that and that's gonna help balance out that unopposed sodium. But again, once you start consuming the right kind of sodium, you're gonna be just fine.

And here's a general rule of thumb that I want you to follow, for how much sodium you should have, for how much water you should have. I generally recommend consuming about a teaspoon of quality salt for every 3 – 3.5L of water that you consume, depending on how active you are. Your body is first going to excrete a lot of the other minerals before it excretes sodium. Your body is gonna hold on to sodium pretty darn rapidly. Now don't get me wrong there's a lot of other things that can attribute to facial bloat but this is the most common.

Let's talk about stomach bloat. Stomach bloat is usually caused from something digestive or something gas or intestinal related and most of the time it has to do with the poor breakdown of certain foods, particularly what are known as FODMAP and it stands for Fermentable, Oligosaccharides, Disaccharides, Monosaccharides and Polyols. Basically, what that means, is different kinds of sugars that don't break down well and of course sugar alcohols, like polyols that don't break down well. What happens is they don't digest in your system they basically go with your colon and they ferment and they create a bunch of gas like hydrogen and methane, that's gonna make you feel bloated and make you distended. It may not make you puffy but it's gonna make you feel totally, totally like you're not fitting in your pants and like you're super bloated.

So, what causes this specifically and what should you do and what should you avoid? Well first things first. Don't consume raw veggies. Raw broccoli and raw cabbage can be an absolute nightmare when it comes to stomach bloat and distension. What we want to do, is we want to steam them, even if it's just for a little bit of time. Veggies, to begin with, are rich in fiber. But in addition to that they contain a sugar known as raffinose. Now this raffinose, we actually lack the enzyme to break down, we don't have the ability to break down raffinose. So, what it does is, it ends up transferring through our small intestine into our colon and then from there the bacteria that's in our colon tries to break it down and it produces a ton of hydrogen; a little bit of methane but mostly hydrogen. That's why you get super gassy. Cabbage is even higher in raffinose. If you ever noticed, cabbage is a little bit sweeter than broccoli and that's because of the raffinose.

So, what do you do besides steaming it? Because steaming it you're still gonna have the raffinose and you might find you still get bloated. Well I've got a quick solution for you. Like maybe you've seen sauerkraut! Well what if I told you, you could actually ferment your broccoli in the same way and get a lot more of the nutrients from the broccoli than you may not be getting from the cabbage.

All you're gonna do is make a brine solution at first. You're going to take like 2L or half a gallon of water, maybe even a little bit less and you're gonna put about three to six tablespoons of good quality sodium in there, I'm talking about Pink Himalayan salt or Truffle salt. Then you're additionally going to add two tablespoons of apple cider vinegar. It's going to enhance the mineral uptake of the broccoli when you consume it. Then all you want to do is you want to totally submerge the broccoli and you're gonna let it sit for about 24 to 48 hours and that's really all you need to start the fermentation process.

That fermentation process breaks down the raffinose which we can't break down! So, then you're still getting all the minerals, all the benefits of the broccoli, but without the raffinose and without the fibers that are so hard to break down. By doing this, you have the perfect combination that's gonna help your facial bloat and it's gonna help your digestive bloat, simply because you're getting the right mineral balance, the right mineral uptake and your pre digestive veggies.

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Now I talk to you soon and bye for now!