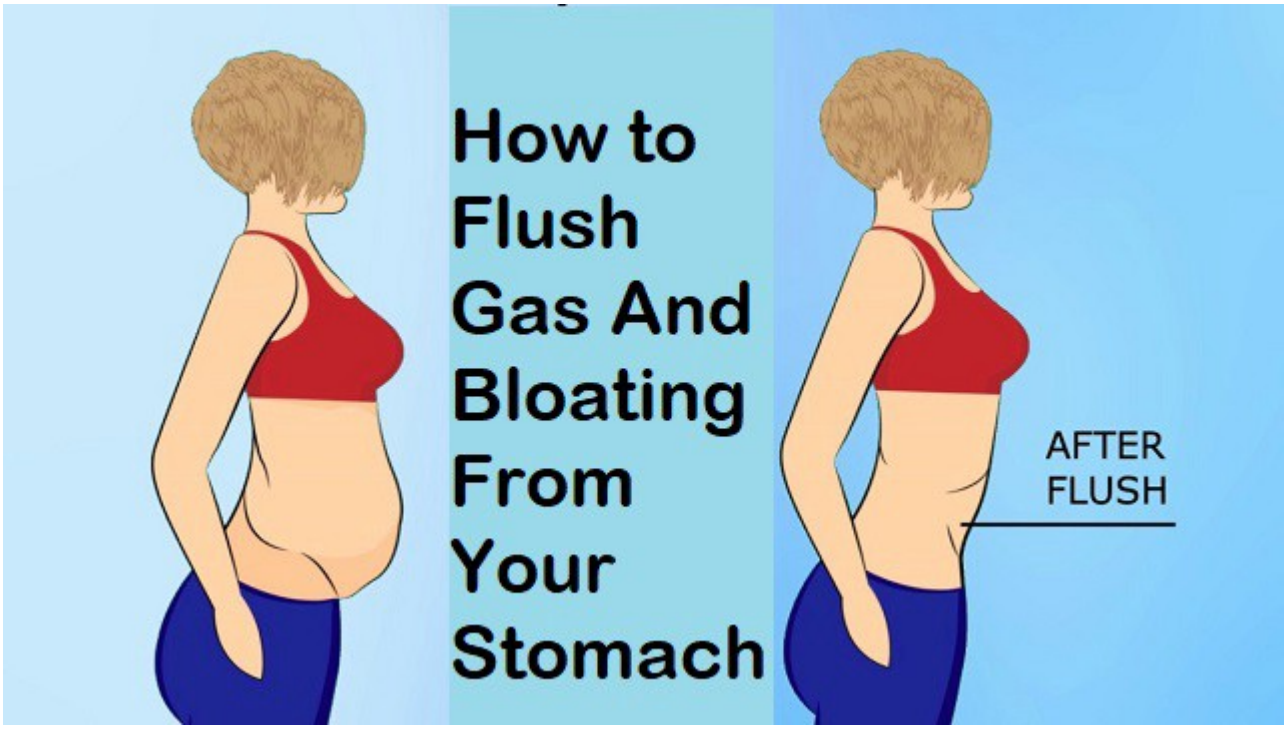
HEALTHY TIPS

How to Flush Gas & Bloating from Your Belly with 4 Ingredients

By bestfolkmedicine · 05/03/2021 · 2 min read



Did you know that 1 in 10 Americans say that they bloat regularly, even if they haven't eaten a larger meal?

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Bloating can sometimes be so serious that it causes a major swelling in the abdominal region. And, gas and bloating often go hand in hand. This is where eating the right stuff can help.

If you also tend to bloat, this article is perfect for you-we'll present 4 natural ingredients, i.e. potent essential oils which can be of aid in reducing bloating and gas.

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The reasons for bloating can be numerous, including when we eat dairy, consuming some fruits and veggies, eating beans and lentils, sweeteners, whole grains, etc.

Some people may bloat easily; others may not bloat at all.

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If you tend to be on the bloating side, check out the 4 essential oils which you can use for relief and prevention.

4 Best Essential Oils to Alleviate Gas & Bloating

1. **Cumin oil**

Cumin oil is considered helpful for intestinal cramps and painful tummy.

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It may also help relieve IBS symptoms like constipation, bloating, and diarrhea.

If you're pregnant, consuming this oil isn't recommendable.

- **Chamomile oil**

This essential oil may be of aid for intestinal inflammation and to relieve pain caused by cramps.

It may also help you alleviate diarrhea, heartburn, nausea, vomiting, and loss of appetite.

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Although additional research is necessary to find out more, chamomile oil may also help detox the body from toxins.

- **Peppermint oil**

Peppermint oil is also commonly chosen natural method to alleviate gas and bloating. Moreover, it can also be applied topically and thus, relieve stomach ache and cramps.

- **Ginger oil**

Ginger oil has long been promoted for its amazing health benefits, including its power to alleviate nausea, low appetite, pain, and motion sickness.

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Moreover, it also has carminative characteristics known to minimize gases, flatulence, and belly discomfort.

Sources:

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