

reasons why you are bloated + how to fix it



“why am I so bloated?”

**“Even though I eat healthy and clean, I workout, I move my body, I drink my water...
Why am I so bloated?”**

Girl, let's be real for a second, you are not alone:

1. you're eating healthy
2. you avoid junk food
3. you're working out
4. you're drinking your water

So WHY do you still feel bloated?



Reason 1: It's not just *what* you eat, it's also *how* you eat!

You could be eating all the “right, healthy, clean” foods.. But if you’re eating them while **scrolling, working, or watching Netflix** - your digestion is gonna struggle. For real.



Mindful Eating = Happy Gut. When we are distracted while eating, we tend to eat way too fast and way too much. But I mean, that’s nothing new and we all know that right?

Here’s the thing ,I totally get that sitting down without your phone or favorite Netflix show can feel boring (or even impossible some days). But we should at least try to create a calm, mindful and **digestion-friendly** vibe when we eat.



Even 3 deep breaths before that first bite can make a big difference.

My Bonus Tip: Try to put your fork or spoon down between bites. It helps you slow down naturally, chew more and stay present without overthinking it.

You can also try and eat for a “whole episode” - if you are watching a 20-minute episode from a show, try and eat for the full 20 minutes instead of just eating everything in the first 5 minutes.



Reason 2: Sweeteners, sweeteners... and more sweeteners



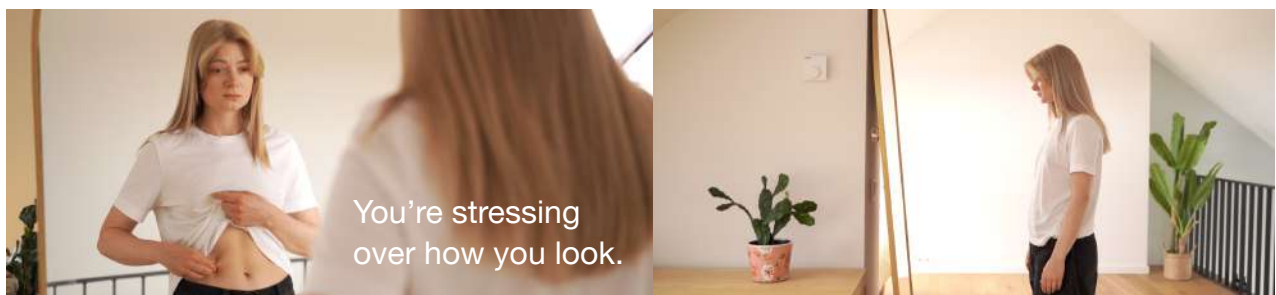
You know how much I love protein bars, sweet drinks and flavored protein powder. Honestly all the “healthy” low fat, low carb stuff. **And it's addictive!** They taste amazing, they are convenient and they are marketed as fitness - friendly!

But these fit foods are usually packed with:

- artificial sweeteners
- sugar alcohols like erythritol or sorbitol
- or gums like xanthan

And all of that can cause major bloating. Especially when you're having them every single day (guilty... hahaha). Sometimes it's just better to eat the real ice cream, the real chips or a normal, real chocolate bar if you're truly craving it.

Reason 3: Stress



You're stressing over what you eat.

You're pushing through workouts with no rest.

You're living in fight-or-flight mode 24/7.

That constant “go go go” vibe shuts down your digestion.



We can't fully avoid daily stress, it's part of life. But there are ways we can deal better with stress:

- Put your phone down and go offline for a bit
- Take a rest day
- If you feel tired, go for a walk instead of doing another HIIT Workout
- Head to a local park or forest, just spend some time in nature

Calming down your nervous system is just as important as the food you eat.

Reason 4: Too much Protein

Who else feels like everyone on Social Media says: "Eat more protein", or "Add **protein powder to every meal**", or "30g of protein minimum per meal"?

Then you try it, **you eat all the protein** - and end up with gas, bloating, discomfort ... and you wonder why these "perfect macros" feel so wrong.

Protein is important for a lot of different things, especially when you're building muscle. But high protein isn't always the answer, especially when you eat too much of it and your digestion isn't used to it.

I recommend **adding a protein source to your main meals**, like eggs with your breakfast, chicken with your lunch or tofu with your dinner but also if you wanna enjoy pasta with pesto (**no protein source**) - don't panic! Don't stress too much about adding protein to every single thing you eat.

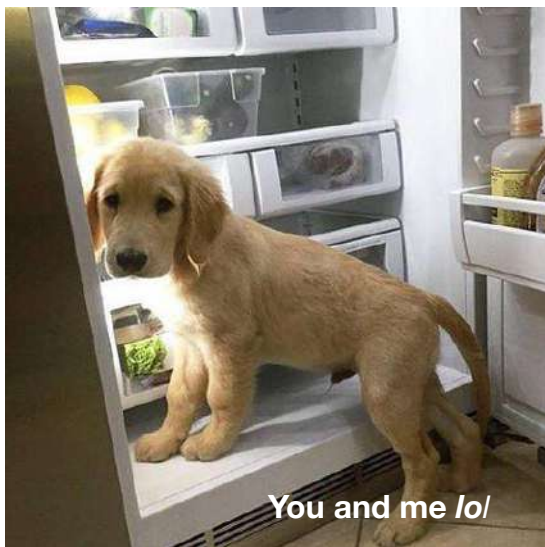
Protein is important: EAT YOUR PROTEIN but you don't have to overdo it or overthink it. More isn't always more.



Reason 5: Not eating all day - then eating too much at night

This one is so *real*, especially for the busy, “I don’t have time” and “I’ll just snack” kind of girls here (me included sometimes haha). You’re running around all day, maybe just sipping coffee, grabbing a protein bar, eating light.. Then 8pm hits and suddenly you’re starving.

Now you’re raiding the fridge, eating super fast, and probably reaching for whatever’s easy - even if it’s all “clean” food.



The result?

- Overeating
- Eating too fast
- Bloating
- Guilt

It's not a willpower issue - it's a fuel issue.

Your body needs enough nourishment **throughout** the day. Not eating enough earlier almost guarantees late night chaos (and discomfort).

Try this:

- Eat balanced meals during the day
- Prepare healthy meals for the week (meal prep or food prep)



Reason 6: Raw Food Overload

Smoothies, salads, green bowls, raw veggies all day - sounds healthy, right?

But here's the truth: raw food can be really hard to digest for some people.

Too much of it = yep, bloating.

Especially if your gut is sensitive or already inflamed, raw food might not be doing you any favors, even if it's technically "healthy and clean."

Try this for better digestion of your veggies:

- Cook, lightly steam or roast your veggies before eating them
- Add Healthy Fats (like olive oil, avocado, nuts or seeds)

Extra Tip: Try adding more ginger and fennel to your diet. Ginger has anti-inflammatory properties and can help with digestion, while Fennel can help relax the muscles in your digestive tract and reduce gas and bloating.



Reason 7: Your cycle

Girls, remember that we go through so much every month. You have four phases throughout your cycle - follicular, ovulation, luteal and menstrual and there's A LOT happening during those phases!

It's actually pretty normal to experience bloating a week or two before your period (aka your luteal phase). This is because our hormone levels change throughout the cycle.





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Idk which girl needs to hear this but you are not ugly and you didn't gain 5lbs overnight... you're just in your luteal phase 🙄

(she's so right haha)

Your hormones during the Luteal Phase can slow down your digestion and make your body hold onto water, which can cause you to bloat or make your clothes feel tighter. I would recommend taking it easy and following the tips above, like managing stress and eating enough real food and real meals.

Be kind to yourself <3

at the end of the day ...

Feeling bloated doesn't mean you're broken. It just means your body is talking to you. It's asking for a little support, a little balance, and a little less stress.

- It might be your food
- It might be your nervous system
- It might be your habits
- It might be your hormones
- Or, let's be honest, all of the above

You are not alone, and you are **definitely** not failing.



homework for u ...

Lastly, I wanna give you some homework! I challenge you to pick **2 gut-friendly habits** to focus on this week - pick 2 that feel doable:

- Chew each bite 15–20 times
- Eat without your phone or screen once per day
- Take 3 deep breaths before each meal
- Skip protein bars for 3 days and try whole snacks instead
- Take a 10-minute walk after lunch or dinner

Track how your body feels with these changes. Little things can make a big impact.

💖 final word ...

This little guide isn't about doing more or being perfect. It's about learning more about yourself and **reconnecting** with your body.

There's so much we still have to learn and figure out, but I'm here to do it together with you. Love you all so much and let's keep learning and growing together <3

Anna



🇩🇪 hab euch lieb

🇬🇧 love you

