

Bloating SOS Emergency Toolkit

Your 0–30-Minute Guide to Relief & Recovery

This toolkit is designed for people experiencing sudden bloating episodes. It offers quick, science-backed steps to ease discomfort in the next 30 minutes, plus deeper insights to help prevent future flare-ups. While these strategies can provide immediate relief, persistent or severe symptoms should always be evaluated by a healthcare professional.

Quick Relief Actions (0–30 min)

1. Sip warm water & ginger: Stop eating and sip warm water or ginger tea. Ginger contains enzymes that can help with bloating, ease constipation and soothe nausea.
2. Take a gentle walk: Move your body. A 10–15-minute walk stimulates your intestinal tract and helps gas move through.
3. Abdominal massage: Gently massage your abdomen in a horseshoe pattern (up the right, across, down the left) to release trapped gas.
4. Over-the-counter gas relief: Consider a simethicone-based gas relief capsule. It makes it easier for gas to pass through your digestive tract.
5. Peppermint oil: For IBS-related bloating, enteric-coated peppermint oil capsules can ease abdominal pain and bloating. Avoid if you have GERD.
6. Deep breathing & relaxation: Practice diaphragmatic breathing or a short meditation. Stress reduction helps calm your gut.
7. Fast & reset: Avoid snacking for a few hours to allow your gut's migrating motor complex to sweep away excess bacteria. Choose low-FODMAP foods for your next meal.

Science Snapshot

- What is bloating? A bloated stomach feels tight, full or swollen and may or may not be accompanied by visible distension.
- Why it happens: Most bloating is due to excess intestinal gas produced when bacteria ferment carbohydrates in the colon. Eating too much too quickly, swallowing air, carbonated drinks, high-FODMAP foods and food intolerances can all contribute. Hormonal fluctuations, constipation and IBS are other common causes.
- Prevention tips: Chew thoroughly, eat slowly, avoid sucking air (no straws or gum), stay hydrated, exercise regularly and keep a food diary to identify triggers.
- Red flags: Seek medical care if bloating gets progressively worse, lasts more than a week or is accompanied by pain, fever, vomiting, bleeding or weight loss.

Toolkit Components

- Lifestyle hacks: Eat smaller, slower meals, sit upright after eating, avoid carbonated drinks and tight clothing, schedule mini-walks and practice diaphragmatic breathing.
- Foods & drinks: Choose low-FODMAP options. Drink ginger or peppermint tea. Avoid beans, garlic, onions, milk and wheat during an episode.
- Supplements & OTC: Digestive enzymes for heavy meals, probiotics to balance gut flora, simethicone for gas relief, and fiber (psyllium) for constipation.
- Mind-body tools: Meditation, yoga, walking in nature and abdominal breathing help calm the gut-brain axis and relieve bloating.

Product Recommendations

The table below highlights budget, standard and premium options for each category. Choose products based on your needs and tolerance.

Category	Budget	Standard	Premium
Gas Relief	Mylanta Gas Minis	Gas-X Extra Strength	Phazyme Max Strength
Digestive Enzymes	NOW Super Enzymes	Enzymedica Digest Gold	Thorne Bio-Gest
Probiotics	Culturelle Daily	Garden of Life Women	Seed DS-01
Peppermint Oil	Pepogest	Heather’s Tummy Tamers	IBgard
Ginger Tea	Yogi Ginger	Trad. Medicinals Ginger	Pukka Three Ginger

Printable SOS Checklist

- ☐ Stop eating; sip warm water or ginger tea
- ☐ Walk for 10–15 minutes to get gas moving
- ☐ Massage your abdomen in a horseshoe pattern
- ☐ Take simethicone if needed
- ☐ Consider peppermint oil (if no GERD)
- ☐ Practice deep breathing or short meditation
- ☐ Avoid food for a few hours; choose low-FODMAP foods for your next meal
- ☐ Seek medical care if symptoms are severe or persistent