

Health & Beauty

7 ways to beat the bloat...

Experiencing some bloating, gas or belching is natural and common. However, when it comes to a stage where it starts interfering with your daily activities or your feelings of wellbeing, it's an issue that needs sorting. Here's seven easy tips from registered nutritionist, Sophie Turner.

- 1. Avoid swallowing air:** there are 2 sources of gas in the gut; the first being gas produced by bacteria and the second is air swallowed during eating or drinking. Cut down on carbonated drinks and chewing gum.
- 2. Chew your food properly:** most of us chew each bite only five to eight times. Chewing more thoroughly reduces the amount of air you swallow with your food, which is one of the major causes of bloating.
- 3. Eat smaller meals:** eating too much at once can make you feel stuffed, which is often confused with feeling bloated. Try eating until you're 80% full and then wait 20 minutes until you reach for more.
- 4. Slow down:** slow down by taking smaller bites, chewing more thoroughly and taking breaks between bites allows your brain to receive fullness signals before you overeat. Try eating with your non-dominant hand as you won't be able to eat as quickly!
- 5. Eat more mindfully:** most of us wolf down our meals while catching up on emails, scrolling through social media or watching the television. Be more mindful when eating and don't do any other tasks.
- 6. Rule out food allergies, intolerances and sensitivities:** bloating can be caused by gas from mal-absorbed nutrients. Lactose, fructose, eggs, peanuts, seafood, gluten, yeast and soy are common food items people can be sensitive/intolerant or allergic to.
- 7. Make sure you're not constipated:** the bloated feeling can often rise from constipation. Ensure you drink enough water, eat enough soluble fibre and be physically active. Top tip: magnesium supplements also help with regular bowel movements.

In 2020 a new organ donor law comes into effect in England. Support for donation will be assumed unless people opt out.

WEIGHT LOSS TIP

"Plan your meals and don't ban foods. Also, drink water like there's a drought!"

Bev, Slimming World

DEB HORGAN

INDEPENDENT TROPIC AMBASSADOR

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TROPIC

Trend alert

Consumers are becoming increasingly concerned about the potential side-effects of artificial substances often used in skincare products, such as petrochemicals, toxins and parabens. Euromonitor predicts that there'll be a growing trend in consumers seeking a 'greener approach' when choosing products that are both kinder to the environment and to their skin.

TOP TIPS FOR MALE STYLING

Lloyd Hughes, multi salon owner and creative director of male grooming brand men-u, offers his top tips on how men can keep their hair healthy and face fresh: "Heat exacerbates oil on the skin that can lead to breakouts, so make sure you carry a product that can keep shine at bay throughout the day in your bag. Use a toner with kaolin clay, witch hazel and or zinc oxide. These are great ingredients for removing excess oil, dead skin cells, impurities and blockages and will leave skin clean, dry, smooth and firm."

"Did you know that having a facial has huge health benefits? It reduces stress and promotes blood circulation" says Iona at Indulgence In Beauty.

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Tried & Tested



Skin Republic's Mud Sheet Masks are available in selected Superdrug stores for £7.99. They combine the convenience of a sheet mask with the cleaning properties of a mud mask. Life In Orpington's editor Nicky tried the Pink Clay, which is rich in antioxidants Goff Berries and White Mulberries to help fight against free radicals which cause premature ageing. She says "It was easy to apply and after just 10 minutes I could feel the mask starting to dry and tighten. Afterwards my skin felt very soft, firm and brighter, my skintone had a more even look to it and my pores were tighter." See skin-republic-uk.myshopify.com for details.

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