AgelessCoach™
AGE STRONG. LIVE LONG.

The Bloating Plan

What to rule out, what to change, and where an enzyme actually fits.

CHECKED AGAINST TIER 1 GUIDANCE — NIDDK · MEDLINEPLUS · NIH ODS

1 RULE OUT THE RED FLAGS WITH YOUR DOCTOR

- Symptoms that change suddenly are a reason to call, not to self treat.
- **With pain, constipation, diarrhea or weight loss:** see a doctor.
- Celiac disease, IBS and bacterial overgrowth all show up as gas.

2 CUT THE AIR YOU SWALLOW AT MEALS

- Skip chewing gum, hard candy, fizzy drinks and drinking straws.
- Eat more slowly, sitting down, and avoid talking while you eat.
- If you wear dentures, have the fit checked by your dentist.

3 TEST THE CARBOHYDRATE GROUPS ONE AT A TIME

- **Week 1:** lactose. Symptoms arrive within a few hours of milk.
- **Week 2:** cruciferous vegetables and legumes.
- **Week 3:** high fructose foods and drinks.
- **Week 4:** sweeteners whose names end in -ol.

Change one group at a time, or you will never know which one was doing it.

4 ADD AN ENZYME ONLY AFTER THE FIRST THREE

- **Lactose intolerance:** NIDDK names lactase products for it.
- Talk with your doctor before starting a supplement or probiotic.
- FDA does not review supplements for effectiveness before sale.

WHAT TO TEST, AND WHEN

Lactose	**WEEK 1**
Beans and broccoli	**WEEK 2**
Fructose	**WEEK 3**
Sweeteners in -ol	**WEEK 4**
Red flag symptoms	**DOCTOR**

SEE A DOCTOR IF

Symptoms change suddenly, or arrive with abdominal pain, constipation, diarrhea or weight loss.

BEYOND THE BOTTLE · YOUR NUMBERS, YOUR FOOD, YOUR WHY

WHAT NORMAL ACTUALLY LOOKS LIKE *- before you treat anything*

SYMPTOM	TYPICAL	SOURCE
Belching	Up to 30 times a day	NIDDK
Passing gas	8 to 14 times a day	NIDDK
Passing gas, upper end	Up to 25 times a day	NIDDK

These are ranges, not targets. Some gas during and after meals is normal. The plan is for symptoms that bother you or change.

THE USUAL SUSPECTS *- test one group at a time*

Milk and milk products	Lactose	**Week 1**
Broccoli, cauliflower, kale	Cruciferous	**Week 2**
Beans, peas, lentils	Legumes	**Week 2**
Fruit juice, syrups, apples	Fructose	**Week 3**
Sugar free gum and candy	Ends in -ol	**Week 4**

Undigested carbohydrates reach the large intestine, where bacteria break them down and make gas.

WHY THE GAS IS THERE AT ALL *- two sources, no mystery*

- ✓ Air swallowed while eating and drinking
- ✓ Lactase running low in the small intestine
- ✓ Constipation slowing everything down
- ✓ Bacteria breaking down undigested carbohydrates
- ✓ Functional GI disorders such as IBS

Gas normally enters the digestive tract in exactly two ways, and most bloating traces back to one of them.