

# The 2 minute Belly Bloat DIY

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Did you know that the first step in the digestive process happens before we even taste our food? Just by smelling that homemade meal or thinking about how delicious it is going to be, you start salivating.

This is when the digestive process begins in preparation for that first bite. What follows afterward, can be a daily nightmare for some. Belly bloat, spastic colon, gluten intolerances, takes your pick. There is something you can do to help your [troubled tummy](#), and it just takes a few minutes per day.

## To improve digestion, we need to look at the basics:

Food is fuel for our body. Its nutrients give our bodies' cells the energy and substances they need to operate. Before food can do so, it must be digested into small pieces the body can absorb and use.

### How does the Digestive System work?

Humans have a tube-type [digestive system](#) in which food enters the mouth. It passes through a long tube and then exits the body. The smooth muscle in the walls of the tube-shaped digestive organs rhythmically and efficiently moves the food through the system. This is peristalsis, where food gets broken down into very small absorbable molecules and atoms.

During the absorption process, nutrients that come from food pass through channels in the intestinal wall and into the bloodstream. This includes carbohydrates, proteins, fats, vitamins, and minerals. Blood works to distribute these nutrients to the rest of the body. The waste parts of food that the body can't use are passed out of the body as feces.

Any food we eat has to be broken down into nutrients so that the body can absorb it, which is why it takes hours to fully digest food. Proteins must be broken down into amino acids, starches into simple sugars, and fats into fatty acids and glycerol. The water in our food and drinks also gets absorbed into the bloodstream to provide our body's with the fluid it needs.

This is a lot of hard work for your digestive system, and it needs all the help it can get.

## 5 Tips to relieve belly bloat:

- Chew your food thoroughly – this means that your digestion can focus on nutrient absorption and the disposal of waste.
- Take a probiotic daily to increase the growth of good bacteria in your colon
- Resist eating gum to reduce the amount of gas swallowed and unnecessary stress created for your digestive system.
- Drink 2 liters of water per day – this helps your colon to do its job properly and softens stool.
- Physical manipulation – Massaging your stomach daily is literally giving your colon a helping hand.

## Regular Cupping massage supports your digestive system.

Cupping therapy is a method used to stimulate the working of the digestive system. It helps to improve digestion as a whole. The metabolism of the body improves and more energy is available for body activities.

Considered the body's emotional library, where emotional information is stored, the abdominal area has what we call tension congestion. Tension and stress tend to accumulate in the internal organs as well as the other obvious and better-known tension-holding areas of the body. Therefore, there is a great relief in unknotting and comforting this area.

## Why Cupping Massage supports the abdomen to improve digestion:

You can incorporate Cupping Massage daily, and 5 minutes is plenty. Cupping is based on the principle of applying negative pressure on an area. This practice pulls blood from up to 4 inches below the skin. This blood will be fresh, oxygenated blood, rich in nutrients and enzymes. It floods the area to revive and detoxify the organs below. Negative-pressure massage can multiply benefits and the release of toxins.



## Which Genie massage oil should do we suggest to use with your massage cups?

The **Bye Bye Belly Blues natural remedy topical oil** was specifically formulated to support and improve digestion. The negative pressure also allows for deep product penetration, sending these superior ingredients right to where it's needed.

**Our award-winning Bye Bye Belly Blues formula contains:**

- Coconut oil
- Safflower oil
- Kalahari Melon oil
- Petitgrain oil
- Lemon Eucalyptus oil

- Lavender oil
- Magnesium
- Yellow Jasmin Root extract
- Orange Peel oil

## **The 2-minute Belly Bloat DIY:**

- Apply your Bye Bye Belly Blues Genie massage oil to your stomach
- Squeeze the soft cup in the middle and set down just above your right hip.
- Glide the cup up to your right ribcage
- Move the cup across to your left rib cage in a straight line
- Glide down to your left hip bone, ending off the circle. Repeat for 2 minutes.