

*They say summertime is when
the living's easy...but not so
much for us endobabes.*

Endo belly and severe endometriosis bloating can keep even the fiercest warriors from stepping out onto that sand. If you're experiencing extra bloat this summer, one of these could be the culprit:

- Large gap of time between meals
- High-intensity movement or exercise after undereating
- Inflamed gut
- Low stomach acid
- Recent round of antibiotics
- New probiotic
- Large amount of fermentable sugar consumption
- Luteal phase of your cycle right after ovulation
- Incomplete or unsatisfactory bowel movement
- Overeating

Other more unconventional factors like gut parasites, SIBO (small intestine bacterial overgrowth), and something called low pancreatic elastase can also lead to excessive bloating.



I want you to look and feel unstoppable this summer. Your diet and how you consume it are amongst the most effective ways to manage endo symptoms and bloating.

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Summer Swaps

Try swapping these summer BBQ foods/ingredients for healthier endo alternatives for reduced bloating and added benefits!

- High-sugar drink or juice → Ginger and cucumber-infused water (bonus points for eating both!)
- A festive margarita → Caesar or Virgin Caesar
- Burger buns → Rice-based bread or side of quinoa salad
- Beer → Clear spirits like vodka or gin
- Pregame with tequila shots → Pregame with ACV in water shots ;)
- Bottled salad dressings → Homemade olive oil & vinegar dressing with dijon mustard
- Honey → Monk fruit or stevia
- Watermelon → Honeydew or orange
- Instead of celery and cauliflower on the veggie spread → reach for the cherry tomatoes, cucumber, and broccoli



Are you ready to bring the sunshine and symptom reduction this summer? Follow me on Instagram where I share tips to improve endo pain, endo belly, and infertility without restrictive diets!

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