

# 7 WAYS TO BANISH *belly bloat*



# A LITTLE ABOUT ME

Hi, I'm Belinda!

I'm a mumma, yoga lover, and wellness enthusiast who's passionate about helping people feel their best. With over 25 years working in health and wellness, I've guided countless people through their health journeys—supporting them with diabetes, hormones, gut health, and overall wellbeing. But beyond my work, I'm just like you—navigating life, prioritising my health and learning along the way.

When I'm not working, you'll find me curled up with a good book, enjoying a peaceful yoga session, walking on the beach or making memories with my family. I truly believe that small, intentional changes can lead to big transformations, and that's why I created this resource—to help you take simple steps toward feeling more energized, balanced, and in control of your health.

My journey as a Diabetes Educator and health practitioner completely transformed my life. I realised that the food on my plate was just as important as how I was nourishing myself in every other area—physically, mentally, and emotionally. I learned to slow down, listen to my body, and make choices that truly supported my health.

At the same time, my husband had been struggling with multiple allergies, and I wanted to understand what was really happening inside his body to cause these ongoing symptoms. This curiosity led me to dive deeper into nutrition, functional health, and holistic wellness—a journey that I'm still on today, constantly learning and growing so that I can empower others with knowledge, tools, and support to take charge of their health.

Through changes in my own diet and lifestyle, I experienced firsthand what true healing felt like. I lost unwanted inflammation and toxicity, my digestive issues resolved, and for the first time in years, I felt energised, balanced, and truly well. This realisation ignited my passion to continue my education, becoming a Functional Nutrition Coach, Mind-Body Practitioner, Holistic Health Coach, and Certified Menopause Coach—all while continuing my work as a Diabetes and Menopause Specialist at Healthcare Innovations.

Now, I'm beyond grateful to be able to share the strategies, insights, and simple yet powerful changes that helped me reclaim my health. My mission is to help you feel your best—because healing is possible, and you deserve to feel amazing in your body.

Remember, you are your own best health advocate, but sometimes we all need a guide, a coach, or a cheerleader—and that's exactly why I'm here for you.

By working with me, you're taking a powerful step toward understanding your body, reclaiming your health, and creating the vibrant life you deserve.

You've got this! 💛

## GET READY

My programs will cause your life to transform, and that means losing unwanted weight, glowing from the inside out, recharging your metabolism, balancing your hormones, ditching the belly bloat, and losing those unwanted toxins that keep you feeling tired.

You will become happier and actually feel more alive, more alert, and have less health issues. You will ignite the fire within you, and you will thrive! And, of course, with you in this position of strength and health, all those around you will be healthier, too. **Full tank all the way.**

# EAT SIMPLE & EAT CLEAN

It's so exciting what we can do to influence the body, so that we look and feel amazing. You will too!!

## FACTS:

95% of your serotonin (the happy hormone) is manufactured in your digestive system.

80% of your immune system is manufactured in your digestive system.

We are focusing on strengthening this part of your body, the gateway to your health. You will boost your immune system, lose weight, feel less bloated, uncover hidden food allergies, and, most of all, **digest with ease, which means looking and feeling fabulous!**

## SLOW DOWN

We are all rushing. Rushing to eat, to squeeze in an errand, meet a deadline, get to an appointment; rushing. So, let us slow down. Start the process with your eating. Stop and actually sit down when you eat. Your body needs you to be calm to actually digest. If you are nervous, your digestive system is in "fight or flight" mode. It cannot work properly when it is stressed. Digestion is about transforming your food into fuel. When we get stressed, tired, or even nervous, our digestion does not function properly, and certainly not optimally.

It is important to slow down so you can have more energy, or fuel, and also to avoid indigestion, bloating, acid reflux, and gas. Before you eat, try and remember to take a deep breath. Be grateful for the food you are about to eat, and also check in with your own body. Try and focus on being present in the moment and have awareness.

Don't shove the food in your mouth as you are running out the door or eat while standing at the counter as we have all done, myself included, more times than I care to remember. Be mindful. Take the time to pause when life gets busy. You will be amazed at the immediate improvement you will see and feel.

Try this amazing exercise I learned during my time at nutrition school to develop your awareness and start to slow down.

- Sit in a relaxed, comfortable position. Breathe through your nose, and notice how the air is slightly cooler going in and slightly warmer going out.

- Place one hand over our heart and one hand over your belly.
- Feel your heart beating, and thank your heart for being there for you all day every day, pumping your blood and keeping you alive.
- Feel your belly, noticing the rise on the inhale and the fall on the exhale.
- Thank your belly for digesting all the food you eat.
- Sit silently with your eyes closed, and allow yourself to be with yourself.
- When you feel ready, take a deep inhale and exhale, open your eyes, rise, and move back into your day.

## CHEW, CHEW, CHEW

Digestion begins in your mouth. Remember when you were little and your mother would tell you slow down and chew your food so that you would not choke? That always annoyed me as a child, but she was making a great point. When you do not chew your food, it sets the stage for poor digestion. Poor digestion opens the door to let in the unwanted: weight gain, acne, poor sleep, hormonal issues, adrenal fatigue, constipation, acne, IBS, low sex drive, mood swings, and food allergies, to name a few. Serious health issues are not far behind. Most importantly, when you do not digest properly your body cannot transform your food into energy.

I hear this from my new clients all the time. I WANT ENERGY!!!! If you want more energy, then chew your food properly. **I suggest 30 chews per bite.**

## CHECK OUT!

Yes, you heard me. Put down the phone, blackberry, and iPad. Turn off the TV, sit down, and just enjoy the activity of eating. Give yourself some quiet time so you can de-stress and digest! I know life gets busy.

Why? It is so simple: when the body is stressed, it cannot digest, properly function, or effectively transform food into energy, or perform all of its other jobs and metabolic processes.

Start by taking just one minute out of your day to breathe and think of anything that makes you happy.

## GET CULTURED

Start adding a good, quality probiotic to your daily routine. Incorporating cultured foods and drinks to your life, such as yogurt, miso, dairy or non-dairy kefir, kefir water, kombucha, cultured vegetables, and other cultured foods is a great way to improve digestion and overall health. These foods have been around for centuries.



By adding these foods or another high-quality probiotic to your lifestyle, you will lose weight, assimilate your nutrients better, have clearer skin, better sleep, and decrease your body's inflammation. The Greek meaning of probiotic is 'for life'. So, give yourself the gift of a healthy life and get cultured.

Your gut health plays a crucial role in mood regulation, immunity, digestion, and overall well-being. A balanced gut supports better energy, mental clarity, and hormone balance, while an imbalanced gut can lead to inflammation, poor immunity, and chronic health issues. Nourishing your gut means nourishing your entire body!

*95% of your serotonin (the happy hormone) is manufactured in your digestive system.*

*80% of your immune system is located in your digestive system.*

## **CLEAN OUT THE JUNK**

Eat simple and eat clean. Our digestive system cannot digest junk. When we eat junk, we end up feeling like junk. Simple, right? I find that people often think that they are eating "clean", but actually they are eating foods that are wreaking havoc on their body and causing inflammation. Food either gives us inflammation or fuel. I always vote for the fuel!

### **What is the food on your plate really doing for you?**

My job and passion is to help people learn what foods are "right" for their unique body. Remember that what worked for you at one point in your life may not be working any more. Listen to the cues or signals your body is giving you. If you need support, contact me about how I can teach you to find out which foods work for your unique body!

## **STAY HYDRATED**

Make sure you are drinking plenty of water. I like to add flavor to my water so I that I do not become bored. This not only boosts flavor, but also enhances digestion if you choose the right additions. My favorites are fresh lemon juice, fresh lime juice, ginger slices and fresh mint leaves.

Hydration is essential for every function in your body. Water supports digestion, nutrient absorption, energy levels, detoxification, and even mood balance. Staying well-hydrated helps keep your skin glowing, your mind clear, and your

metabolism functioning optimally. Even mild dehydration can lead to fatigue, headaches, cravings, and poor concentration. Prioritise hydration by sipping water throughout the day, eating water-rich foods, and listening to your body's thirst signals—your health will thank you!

## EXERCISE

Put on your runners (or yoga clothes), because exercise is vital for digestion. Get moving! When you move your body, you move your Qi (the vital energy in your body), and this is key for your digestion. Even if you can only manage 12-15 minutes per day, get your heart pumping, and your digestion will improve. Plus, you will release key endorphins that will make you feel happy and less hungry.

**Movement isn't just about digestion—it's about whole-body wellness.** Regular exercise helps regulate blood sugar levels, reduces inflammation, and supports a balanced nervous system, which is crucial for gut health. Activities like walking, yoga, and strength training can also reduce stress, which is a major contributor to digestive issues. So whether it's a morning stretch, a brisk walk, or a fun dance session, find ways to move that you enjoy—your gut (and your mood) will thank you! 🧡

**You just learned how to  
add more energy to your life  
in 7 simple steps!**

Here are my favorite drinks, smoothies, and recipes.

## The Power of Food & Digestion

In order to lose weight, look fabulous, and feel amazing, we need to eat the “right foods”. Yes, you actually need to eat more to lose weight. But finding the “right” more is key. Your body needs food for fuel, but it also needs that food to be the right fuel for your unique body.

In my practice and programs, I help you **identify the foods that fuel your body versus those that create inflammation**. When the wrong foods trigger inflammation, you may experience **bloating, acid reflux, headaches, sinus issues, stubborn weight gain, arthritis, skin problems, and even chronic disease**. My mission is to **empower you with the knowledge and tools to prevent disease, reduce inflammation, and create balance in your body**—so you can **thrive, not just survive**.

By tuning into your body's signals and making mindful food choices, you can **transform your health, regain energy, and feel your absolute best**—from the inside out. 🌱✨

### **YOUR DAILY DRINKS TO ALKALIZE AND GET RID OF THE BLOAT**

A simple day in the life of clean eating should include these:

#### **UPON WAKING, DRINK A LEMON ELIXIR**

2 cups warm or room temperature water

Juice from 1 lemon

1 Tablespoon raw apple cider vinegar

Pinch of cinnamon and 1 teaspoon raw honey OR a couple drops of stevia  
(use stevia if you are on a yeast cleansing diet or low sugar diet)

~ stimulates digestion, releases toxins from the liver, and jumpstarts your digestive enzymes



### **Option 1: Mid-day, drink a Cranberry Elixir**

2 tablespoons cranberry concentrate  
6 ounces of room temperature water  
~ great for flushing the lymphatic system and cleansing the bladder and kidneys

### **Option 2: Mid-day Warm Lemon & Ginger Water** 🍋

12 oz warm water  
Juice from ½ lemon  
1-inch piece of fresh ginger (grated or sliced)  
Optional: A pinch of turmeric for extra anti-inflammatory benefits

### **BEFORE BED, SIP ON A SOOTHING ALKALIZING ELIXIR**

1 tablespoon raw apple cider vinegar  
12 ounces of warm water  
Juice from 1 lemon  
A pinch of sea salt (optional, for added minerals)  
This gentle, alkalizing drink helps support digestion, balance pH levels, and promote detoxification while you sleep. Plus, it can aid in hydration and reduce

### **Chlorophyll & Mint Refresher**

1 tablespoon liquid chlorophyll  
12 oz water  
A few fresh mint leaves  
Juice from ½ lime

*Chlorophyll detoxifies, alkalizes, and supports digestion, while mint soothes bloating and gut discomfort and acid reflux symptoms. Chlorophyll is primarily found in green plants, algae, and certain bacteria. Making liquid chlorophyll at home can be done by extracting it from fresh green plants. Here are some common sources of chlorophyll:*

1. *Leafy Greens: Spinach, kale, swiss chard, collard greens, and lettuce are rich in chlorophyll.*
2. *Herbs: Parsley, mint, cilantro, and basil contain chlorophyll.*

3. *Green Vegetables: Broccoli, green beans, peas, and Brussels sprouts also have chlorophyll.*
4. *Algae: Spirulina and chlorella are algae that are high in chlorophyll and often sold as supplements.*
5. *Seaweed: Certain types of seaweed like nori and kelp are rich in chlorophyll.*
6. *Other Plants: Green powders made from grasses like wheatgrass and barley grass contain concentrated chlorophyll.*

*True empowerment starts with embracing your health,  
honouring your body, and nurturing your soul.*

In my own life, I have come to love anti-inflammatory foods because I want to feel good. You may be wondering what chlorophyll is and why I have been sneaking this amazing superfood into my children's drinks since they were born. Chlorophyll is an amazing cleanser, blood nourisher, detoxifier, and a superfood because it can heal.

Chlorophyll can actually build red blood cells, remove heavy metals from the body, eliminate bad breath, and improve digestion. In addition, it is a prebiotic, because it creates the proper garden in your belly for good bacteria to thrive. Amazing right?

Chlorophyll is found in all leafy greens, but my favorites include spinach, kale, parsley, cilantro and broccoli. I like to add it to my juices and smoothies, which has been amazing for healing my own digestion and personal health problems.

## MY SIMPLE, FAVORITE JUICE RECIPE

### A SIMPLE GREEN TONIC

1 cucumber  
3 celery stalks  
1 apple, cored  
Handful kale leaves  
2 chard leaves  
Juice of 1 lemon  
Hemp seeds  
Probiotic powder  
Coconut water

Juice the fruit and veggies, and then stir in lemon juice. Optional add protein powder or banana.

## GREAT, NUTRIENT-DENSE SMOOTHIES

### BLACKBERRY CINNAMON

1 cup frozen blackberries  
1 cup water, unsweetened almond milk, coconut milk, hemp milk, coconut water or rice milk  
1/4 avocado  
1/2 tablespoons ground flax seeds  
1/2 tablespoons chia seeds  
1/2 teaspoon cinnamon  
1 handful of spinach  
Splash of vanilla extract

### CHOCOLATE BLISS SMOOTHIE

1 cup water, unsweetened almond milk, coconut milk, hemp milk, coconut water or rice milk  
1 frozen banana  
2 cups of chopped spinach  
2 scoops of chocolate protein powder

1 tablespoon cacao powder  
1 tablespoon almond butter  
½ teaspoon cinnamon  
Handful of ice

## HEALTHY SNACKING

Another key component of feeling good throughout the day is keeping your blood sugar stable. You may find that 3 meals a day works for you, while your best friend or partner thrives with 6 mini meals a day. Finding what works for your unique body is key to having energy in life.

*Try some of my favorite Healthy Snacks, if you are a hard-core snacker:*

- 1/4 cup raw seeds or nuts
- Tablespoons sunflower seed butter, almond butter, hemp seed butter, or pumpkin seed butter on celery sticks
- 1 sliced cucumber with sea salt + a dash of cayenne
- Berries with dairy or non-dairy yogurt
- 1 apple, 1/2 banana,
- 1/2 avocado with sea salt + watercress + dandelion leaves
- Raw veggie delight: carrot, celery, cucumber, red pepper & 2 Tablespoons hummus
- 1/4 cup of cultured veggies with 2 Tablespoons of dulse flakes (buy them at Whole Foods) - wonderful for your adrenals, thyroid, and metabolism, plus chock full of vitamins and minerals. This is SUPER for optimal digestion!

# READY TO TAKE YOUR HEALTH & WELLNESS TO THE NEXT LEVEL?

Imagine how incredible your body and mind could feel with nourishing food, healthy habits, and the support of a system that works. If you're ready to feel better than you have in years, it's time to take action and dive into one of my transformative wellness programs that to take your health, life, and energy to the next level?

I've seen firsthand how my holistic, science-backed strategies can transform lives—whether you're balancing blood sugar, reclaiming your vitality, or navigating the challenges of midlife. It's time to take control and experience lasting health, energy, and confidence.

Here's how I can help:

## **Empowered Wellness: A Complete Mind-Body Reset for Women 40+**

- Balance Your Hormones • Support Your Gut • Stabilize Blood Sugar • Reclaim Your Vitality
- Ready to feel amazing again? This 4-week program will help you reset your mind and body with proven, holistic strategies. Say goodbye to fatigue, stubborn weight gain, and mood swings, and get ready to step into your full vitality.

## **Mastering Type 2 Diabetes & Prediabetes**

- Balance Blood Sugar • Prevent Complications • Take Control of Your Health • Prevent Diabetes
- Struggling with high blood sugar, insulin resistance, or prediabetes? This 8-week program gives you the knowledge and tools to achieve lasting glucose balance, sustainable weight loss, and a healthier you.

## Mastering Menopause & Midlife

- Balance Hormones • Reclaim Energy • Thrive in Midlife & Beyond • Reclaim Your Vitality
- Menopause doesn't have to mean feeling drained or out of balance. This 12-week program will empower you to thrive through this stage of life with clarity, confidence, and energy—without the brain fog, weight gain, or mood swings. You'll feel stronger, more vibrant, and in control of your health.
- Exclusive 12-week coaching program

All of these programs come with expert guidance, holistic strategies, and the personalised support you need to feel truly empowered. Plus, you'll get access to me to address any questions, struggles, or concerns that come up along the way.

If you're ready to dive deeper into transforming your health for good, join me today!

Ready to start feeling amazing inside and out? Book a 1:1 session or join one of my transformative programs at <http://www.healthcareinnovations.com.au/>  
Let's take your health, life, and energy to the next level—together!

Belinda Lewis X

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