

25 Ways to Get Rid of Stomach Bloating Gas at Home – Natural Remedies

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Have you noticed how at some times during the day you have a swollen belly while at other times your belly looks flat? Or well, closer to being labeled as flat? These can be signs of bloating! You might be having trouble putting on your jeans or have a real tough time bending down to tie your shoes. Different signs and symptoms, but the effect is the same: belly –bloating.

When you have a bloated belly, there might be scores of reasons why you have it, so let us find out some of the reasons why your belly absolutely refuses to behave, especially when you want to wear a form-flattering dress or a high waisted trouser.



Top Reasons you have a Bloated Belly How do you get rid of bloating?

Let's face it, we all hate the sight of a bloated belly. Knowing more about the causes of a belly bloat may help you tone down the uncomfortable and unsightly bloated stomach, so here are a few of them.

- **Digestive issues**– The digestive issues ranging from ulcerative colitis, constipation, irritable bowel syndrome, can all cause belly bloat.
- **Fluid retention**– A liver disease or cancer may be the reason behind swelling of your abdomen near the pelvic region.

- **Dehydration**– [If you eat too much of salty food](#) and skip drinking adequate amounts of water, you might end up being dehydrated. Dehydration can cause a belly bloat.
- **Food allergies**– Ever eaten something which did not agree with your stomach? Well, chances are it might cause you to get bloated as well! Gluten containing foods and dairy are particularly hard to digest because they are not broken down and digested well. Similarly, allergies to some kinds of foods may also cause bloating.
- **Hormonal imbalance**– You might face a bloating issue when you are PMSing as during it, you are more prone to constipation and fluid retention.
- **Gut bacteria imbalance**– Your gut health depends on the proliferation of good bacteria to balance the bad bacteria. If there is an imbalance, say there is more of bad bacteria than good bacteria, you may face problems related to digestion.
- **Cancer**– Though it is extremely rare, if you are suffering from a swollen belly for quite some time and you are unable to find the reason behind it, get yourself evaluated. A bloated belly is one of the sneaky symptoms of ovarian cancer, so take the required steps to find out the real reason behind your swollen abdomen.
- **Infection**– Sometimes, an infection can also be one of the reasons for a belly bloat. Urinary tract infection is one of the reasons of bloating. Look out for other accompanying symptoms besides belly bloating to fix the health issue.
- **Flatulence**– Name it how you will, but then flatulence, however, embarrassing it is, can hardly be ignored! It can be tracked down to digestive issues again, or even eating too soon! Well, are you guilty of that? Don't complain if you end up with flatulence immediately after you have gobbled down an irresistible meal!

Home Remedies to Fix Belly Bloating

The next time you are feeling like a porcupine fish, instead of feeling flustered, try to fix these issues by following these home remedies, just small simple remedies which can help you get rid of the tight uncomfortable feeling in your stomach.

- **Fennel Seed Tea**- Fennel seeds are your absolute BFFs when it comes to settle down your stomach and reduce bloating. It has diuretic, antimicrobial and carminative properties which are what comes in useful. It works great if you chew on some after a heavy meal, straight up! Otherwise, this tea is great to banish the bloat.



Add one teaspoon of fennel seeds, one teaspoon of cumin seeds and one teaspoon of coriander seeds to 1 cup of hot water. Cover it and allow it to steep for 5 to 10 minutes. Strain the concoction. Have this tea two or three times a day and watch your belly bloat go away.

- **Ginger-** Ginger is a master at curbing the belly bloat, it is a well-known herb that can be had at any time of the day to settle down an upset tummy.

There are several potent ingredients which work in tandem to reduce bloating, and they include the pungent compounds gingerols and shogaols, which are great for keeping your intestinal muscles relaxed, and work hard to keep your stomach in great shape.

Make it part of your daily regime and like us, you won't dream of ending a day without a cup of the stomach-calming ginger tea.

Here is how you can make your own hot cuppa! Put five to six thin slices of ginger in a cup and pour a cup of boiling water into it. Cover the cup and allow it to steep for about 10 minutes. Don't forget to add a little sweetness in the form of honey and lemon juice to it. Also, for its extra inflammatory properties, you can add a few strands of turmeric to it as well. Remember, you have got to drink it up several times a day, say about three times a day.

Another option you can try is to eat one teaspoon of freshly grated ginger before meals. Sprinkle a little Himalayan pink salt on it and have it. Think of innovative ways of adding ginger to your food. Not only does it give your food the right kick, but it also has [great anti-inflammatory properties](#) which are super beneficial for your digestive health.

- **Chamomile Tea-** Chamomile tea is not only a great [herbal tea which helps](#) in promoting good sleep, but sipping on it also helps you de-bloat. The features we speak of include anti-inflammatory and anti-spasmodic properties that can help fix your digestive problems and hence your bloating issues as well.



Boil one cup of water in a saucepan. Pour it into a cup containing a chamomile tea bag. Cover the liquid and let it steep for 10 minutes. Take out the tea bag and add a bit of lemon juice for the extra tang and honey as desired.

Sip the tea slowly. Have this tea two or three times a day between meals.

- **Warm lemon water-** You drink warm lemon water for weight loss, don't you? That is a fool-proof way of activating your digestive enzymes, and it also helps remove harmful toxins from the body and keeps the body adequately hydrated.

A dehydrated body gives rise to issues such as bloating. Lemons are also amazingly rich in vitamins B and C, riboflavin, calcium, phosphorus, magnesium and so on, which aid in digestion and also keep your body alkaline. Just one of the pros of sipping on lemon water first thing in the morning, and continuing to do so all throughout the day, when you feel particularly bloated.

Besides aiding your digestive system, drinking warm lemon water can **reduce bloating**, gas and constipation.

- **Caraway Seeds-** Caraway seeds have been used from time immemorial to help the trapped gas in your stomach find an outlet. Popularized by the people in England from the middle Ages onward, it has miraculously treated people suffering from trapped gas issues.



Munching on a few caraway seeds can help nix the bloating issue right at the onset. Sometimes holding it in, because you are in the middle of a room full of people can be telling. So, pop in a few seeds when you do not feel too comfortable after a meal, even otherwise.

How to Get Rid of Stomach Bloating?

The answer is to eat a pinch of caraway seeds when your stomach gives you a whole lot of problems. Having a pinch of caraway seeds every morning is a remedy that always works. Continue with the remedy till you are able to resolve bloating issues.

- **Pumpkin-** "Peter Peter, Pumpkin eater," Are you familiar with the nursery rhyme which you probably heard in your junior school? Peter seemed to be really wise, as a pumpkin with all its innate beneficial properties can give an answer to the question, how to relieve bloating?



When you are suffering from flatulence, it is imperative you stay away from foods which can cause it, such as beans and cruciferous vegetables. Fibrous food adds bulk to your stool, but are also hard to digest, so it is shoved through our gut.

When food does not break down, owing to improper chewing and having too much of fiber, when it is in the small intestine, it goes into the large intestine, where it starts fermenting as bacteria feasts on it. Thus, you end up feeling uncomfortable, bloated and downright distressed. Pumpkin can come to your rescue, as it is helpful because it can get rid of a bloated stomach. Add more pumpkin to your meal plans and you will be just glad you did.

Include about 1 cup of pumpkin with your meal to nip the bloating in the bud. Use your creativity to make a recipe of your own; lightly sautéed, boiled, braised, or follow Peter in this and make your very own pumpkin pie!

How to Get Rid Of Bloating Permanently?

To get back to your old svelte self, the following tips and tricks are just what you need. Fix this and fix the problem for good!

1. **Eat food at a leisurely pace**– We know you have deadlines to meet, so a sandwich is all you can manage and with your super power skills, you can bite, chew and gobble in ten minutes straight. But that is the worst way to eat your food!



Eating too quickly makes you swallow air with food, which leads to an inflated stomach. Try to chew and savor your food. Trust us, you will feel a great deal slimmer, whatever your weighing machine has to say about it.

- **Take time out for me-time**– A little time for your own self never harmed anyone! In fact, it is the best way to beat stress and beat the bloat as well. Try reading a book, gossip with your friend or just take a leisurely stroll, anything to keep your mind off the stressful things bothering you currently.

Better still, be a little more indulgent and make yourself an Epsom salt bath. Just two cups of this therapeutic salt can manage to deflate your body pretty effectively.

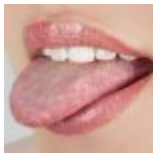
1. **Balance your gut flora**– [A probiotic supplement](#) or a drink can go a long way in maintaining the good and bad bacteria balance in your gut. It can soothe your digestive system, and a good digestive system can eliminate the possibilities of many a chronic disease. Yogurt, kefir, kimchi, sauerkraut; all this works well to maintain your gut health and your health too!
2. **Skip the raw veggies** – Veggies are good for you! But the raw veggies may not be good for your stomach bloating. Yes, raw veggies are difficult for your body to break down and are hence difficult to digest. They then cause the unsightly stomach bloat.
3. **Eat dinner early**– Another healthy habit which we must follow is to finish our dinner by 8 pm. The more you push your dinner hours, the more your chances of suffering from acid reflux are, which again leads to bloating. Give your stomach enough time to digest the food and then hit the snooze button!
4. **Drink more water** – 8-10 glasses of water are something which you must stick to, come what may. It is true that the more dehydrated you are, the higher the chances of feeling bloated all the time.



Also, people who suffer from constipation need to down more glasses of water, as it will flush out toxins from their system.

- **Maintain a food diary**– Try and find out about the [foods that flare up your tummy troubles](#). Listing them down and avoiding them in the future is one way of avoiding any kinds of bloating issues. For example, some people have difficulty digesting gluten, whereas some people have difficulty digesting dairy. Whichever may be your case, find that out and act accordingly!
- Getting rid of a bloated stomach is not too difficult, provided of course you take steps to listen to what your body has to say. Also, lead a stress-free life, it might not be too easy considering the present scenario, but the root cause of most health problems seems to be stress nowadays, so don't forget to breathe deep and walk. These simple rules can help you to stay bloat-free and healthy!

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