

★ ANTI-BLOAT REBOOT CARD

10-Sip Warm Water Reset

Take 10 slow sips of warm water, lemon water, or ginger tea.

2-Minute Stomach Massage

Massage clockwise around your belly.

5-Minute Debloat Walk

Walk around your home slowly and intentionally.

Anti-Bloat Drink Options

Pick one:

- Warm ginger water
- Peppermint tea
- Lemon + warm water
- Fennel tea



★ Your 5-Question Bloat Check

Use this when you're unsure why you're bloated:

1. Did I eat too fast?
 2. Did I have carbonated drinks today?
 3. Did I hit my water goal?
 4. Did I have more salt than usual?
 5. Am I stressed right now?
- If "yes" to any of these → your fix is on the card.

REMINDER

**You are not "bloated." Your body is reacting.
This reboot helps it reset.**

