



BODY FIRST
WELLNESS CENTRE

2025

Top 10 Things to Do For Bloat-Free Belly

Dr. Safiyya Kamaldeen

BOOK A FREE CONSULTATION

About Dr. Safiyya



Contact Us

Location: 4865 Sheppard
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Scarborough, ON M1S 3V8

Hours: 10am to 8pm

Phone: (647) 951-1114

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Dr. Safiyya Kamalodeen, Naturopathic Doctor

Your Partner in Women's Health Dr. Safiyya Kamalodeen is a passionate naturopathic doctor specializing in women's health. Her unique approach combines professional expertise as an internationally trained medical doctor and personal insight as a mother of two.

Her Approach

She views every woman's health journey as a unique case study, treating complexities with curiosity and compassion. Dr. Safiyya focuses on menstrual health, pregnancy, postpartum care, and menopause, creating individualized holistic plans

Additional *Services*



At Body First Wellness Centre, our goal is to support your overall health and well-being.

Through a variety of complementary therapies, we aim to provide comprehensive care that meets your unique needs.

Our team offers personalized wellness plans to ensure you receive tailored solutions for your journey to optimal health. Explore the services we provide:

►► **Chiropractic Care**

Restore alignment and alleviate pain with expert chiropractic adjustments tailored to your body's needs.

►► **Massage Therapy**

Address injuries, improve mobility, and strengthen your body with evidence-based physiotherapy treatments.

►► **Acupuncture**

Relieve tension, reduce stress, and promote relaxation with therapeutic massage techniques.

►► **Osteopathy**

Improve mobility and overall function with holistic, hands-on osteopathic techniques.

►► **Physiotherapy**

Support your body's natural healing process and balance energy with Traditional Chinese Medicine acupuncture.

Your Bloat-Free Guide

Feeling bloated can be uncomfortable and frustrating, but with the right habits and strategies, you can find relief and improve your digestion. Dr. Safiyya has put together these simple, practical tips to help you reduce bloating and feel lighter and more at ease. These strategies can make a big difference in your daily comfort and overall gut health.

01. Avoid Starchy or Fried Foods

Foods like potatoes, rice, pasta, bread, and muffins are processed and starchy, which can contribute to bloating.

Instead, focus on eating foods high in fiber.

Fiber helps to improve digestion and keeps your gut moving smoothly.



02. Cut Down on Salty Foods

Sodium retains water, which can lead to bloating.

To counteract this, include potassium-rich foods in your diet, like bananas and leafy greens, which help flush out excess sodium.

03. Try Apple Cider Vinegar

Drinking apple cider vinegar diluted in water can increase stomach acidity and stimulate digestive enzymes.

This can enhance digestion and reduce bloating.

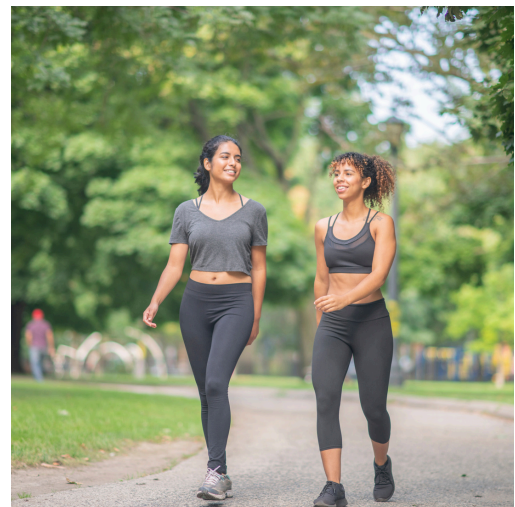


04. Eat Smaller, More Frequent Meals

Eating smaller portions more often makes it easier for your body to digest food, helping to prevent the discomfort of bloating.

05. Take a Short Walk After Eating

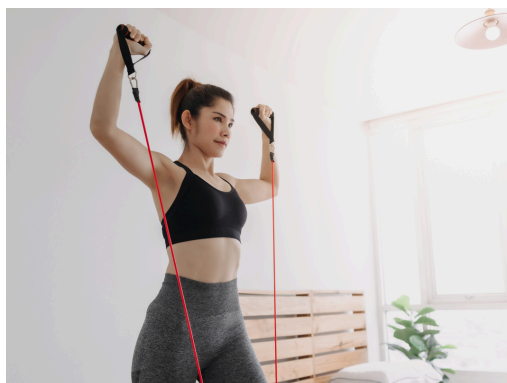
A quick walk after meals can provide immediate relief from gas pressure and aid digestion.



06. Stay Hydrated

Dehydration can lead to constipation, which often causes bloating.

Drinking plenty of water throughout the day helps keep digestion on track.



07. Exercise Regularly

Daily physical activity, even just 20–30 minutes, can improve digestion and help reduce bloating.

08. Avoid Fizzy or Carbonated Drinks

Carbonated drinks release carbon dioxide gas, which can cause bloating.

Opt for still water or herbal teas instead.



09. Be Mindful of Gassy Foods

Foods like beans and legumes are known to produce gas.

If these foods trigger bloating for you, consider limiting your intake.



10. Consider Bitters or Digestive Enzymes

Speak with your naturopath about whether digestive aids, like bitters or enzymes, might be right for you.

These can support digestion and help relieve bloating.

Your Next Steps

Preparing for conception is a vital part of your health journey, and every step you take brings you closer to your goals.

If you'd like personalized guidance tailored to your unique needs, book an appointment with Dr. Safiyya. Let's create a plan to optimize your fertility and overall well-being.

[Book Your Consultation Today](#)



BODY FIRST
WELLNESS CENTRE

Start your journey to better health today!

Explore how Dr. Safiyya can support your health journey with a free 15-minute consultation. Don't wait—take the first step towards better health today!

**BOOK A 15 MINUTE FREE
CONSULTATION**

if you have any question, call us at:  (647) 951-1114

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