

Dear Maria

I feel fat, uncomfortable and bloated. Help!

If this is not a post-Christmas issue, it sounds to me like you have a digestive problem which, with the correct lifestyle and food changes, can be remedied relatively quickly. This will in turn have a positive impact on the bloating and result in a few lost pounds in weight. Does this sound good?

Bloating can be due to poor digestion of certain foods, food intolerances, constipation and maybe even a yeast-y condition, all of which lead to general discomfort and feeling really awful.

Start with clearing all sugar and sweet food items out of the diet eg drinks, biscuits, jam, confectionery. This in itself is a huge change. Instead crunch on crispy juicy fruit, not the soft ones though.

Pay particular attention to any food that makes you feel uncomfortable after eating. These foods are best avoided for the time being. These could be coffee, bread, pasta, citrus fruit, even milk. Constipation is a major contributor to discomfort and bloating. With the correct diet, composed of a variety of high fibre cooked or raw vegetables, nuts and seeds, especially flax/linseeds, only raw fruit, lots of water and exercise should get the gut going as well as contributing a wonderful range of nutrients to the body.

This takes us to feeling fat. You may not have realised that all the above has started you on a weightloss plan already. It is also cleaning out waste products and toxins from your body which would contribute to your feeling so much better and healthier and more energised. Don't juice fruit or vegetables yet as it may affect your blood sugar levels. Eating raw fruit and vegetables is much better for you, and will contribute greatly to a levelling out of blood sugar.

Good luck!

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