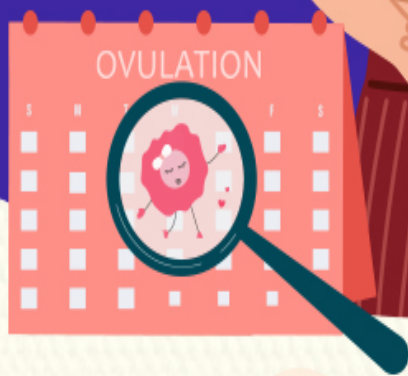


# TIPS FOR MANAGING BLOATING DURING OVULATION



Consider a low-FODMAP diet



Avoid eating processed junk food



Drink enough water



Increase your intake of dietary fibers



Avoid drinking carbonated beverages



Exercise daily



Consume probiotics (yogurt) and herbal ingredients



Include foods high in potassium and magnesium