



Home Remedies For Bloating And Gas During Pregnancy

Soak fenugreek seeds in water overnight and drink the water to relieve gas and bloating.



Drink chamomile tea after meals to soothe digestion.

Chew cardamom seeds or make cardamom tea to cure bloating and flatulence naturally.



Mix cinnamon powder with honey in warm water for a bloating remedy.

Drink crushed coriander seed powder mixed in hot water to relieve bloating.



Mix ginger juice and honey for a natural remedy.