



GUT FEELING GONE WRONG?



"IT'S JUST GAS, RIGHT?"

Maybe. Or maybe your gut's asking For help. Acidity, indigestion & Irregular meals can throw it off.

? THE GUT CHECK QUIZ:



Do you feel bloated after most meals?



Does acidity or heartburn visit often?



Are you skipping meals or eating too fast?



Lots of coffee or fried foods lately?

2+ YES = TIME FOR A GUT RESET.

ANYA Says:

"Your gut has mood swings too."

Let's figure out if it's stress, food, or something more. Message **Stomach Problems** and I'll guide you."



QUICK GUT FIXES:



02 AJWAIN + BLACK SALT
½ teaspoon ajwain with a pinch of black salt after meals can ease bloating fast.



01 JEERA WARM WATER
Boil 1 teaspoon cumin seeds in water. Sip warm. Helps relieve gas and heaviness.



04 GINGER + LEMON BEFORE MEALS
A thin slice of ginger with a few drops of lemon can quickly stimulate digestion.



03 HING WATER
A tiny pinch of hing in warm water works well for sudden gas or abdominal tightness.



06 SKIP THE NEXT HEAVY MEAL
If digestion feels overloaded, go light for one meal: khichdi, curd rice, soup. Let your gut reset.



05 BELLY BREATHING FOR 2 MINUTES
Take slow, deep belly breaths before eating. Reduces stress-related bloating instantly.



07 EARLY DINNER RESET
Eat dinner 2-3 hours before bed when feeling acidic or heavy. Late meals often trigger discomfort.

OUR GUT TALKS.
Let ^{Ask} **ANYA** help you listen.

Real-time help, dietary tips, and quick digestion hacks - all in one chat.

