I’ve been getting really bad gas since taking weightloss medication, will SPR help? **

GLP-1 Medication · https://thesixpackrevolution.com/docs/ive-been-getting-really-bad-gas-since-taking-weightloss-medication-will-spr-help/

Almost certainly! Here’s why…

Eat smaller, frequent portions
One of the ways weightloss drugs work is to slow digestion to keep you feeling fuller for longer.
Large meals overwhelm a slow digestive tract, trapping food and air.
Our meal plan is based around smaller, controlled portions at regular intervals through the day - giving your body time to digest without overwhelming your tummy.

Cut out carbonated beverages
Fizzy drinks and sodas introduce extra gas into your digestive system.
Staying hydrated through natural water and naturally caffeine free tea is the perfect way to cleanse your digestive system (and so many more benefits too)!

Skip artificial sweeteners
Sugar replacements like sorbitol and xylitol often found in sugar-free gums and ‘diet’ foods are notorious for causing gas and bloating.
With whole food meals and snacks you know exactly what you’re putting in.

Keep fat content low
Weightloss drugs slow digestion so greasy, fried, and fatty foods compound this.
You’ll be eating balanced meals and snacks that fuel your body so you’re not reaching for quick fixes and old habits - and they’re family friendly too!

** Always consult your doctor or prescribing medical professional if experiencing any side effects from your weightloss medication.