HOLIDAY TUMMY RESCUE

Pocket Zine

OVER-INDULGENCE FIRST AID

TRAVEL POCKET KIT

Pack tea bags, fennel seeds & electrolytes!

FEEL BETTER FAST

Go to cheappeeks.com for the full holiday guide!

HEARTBURN & SOUR STOMACH

Put out the festive fire!

BAKING SODA RESCUE

Stir 1/2 tsp baking soda into 1/2 glass cool water for fast relief.

SOOTHE & ABSORB

Sip warm chamomile tea or eat a small handful of raw almonds.

SLEEP ON YOUR LEFT SIDE

Prop your head up and lie on your left to keep acid below the esophagus.

Skip baking soda if on a low-sodium diet!

TRAVEL CONSTIPATION

Get things moving again!

MORNING WARMTH

Drink hot water with lemon or black coffee to wake up your gut.

PRUNE JUICE OR FLAX

Warm 4-6 oz prune juice or stir 1 tbsp ground flax into oatmeal.

ELEVATE YOUR FEET

Prop feet on a small stool or rolled towel to straighten the colon angle.

Drink extra water while traveling!

NAUSEA & OVER-STUFFED

Calm a wave-like stomach!

FRESH GINGER TEA

Steep 3-4 thin ginger slices in hot water for 10 minutes and sip slowly.

BITTERS & CLUB SODA

Add a few dashes of aromatic bitters to club soda to aid digestion.

WRIST ACUPRESSURE (P6)

Press 3 finger-widths below your inner wrist crease for 60 seconds.

Fresh air and slow breaths help too!

BLOATING & TRAPPED GAS

Deflate the holiday balloon!

CHEW FENNEL SEEDS

Chew 1/2 teaspoon slowly after eating to break up gas bubbles fast.

WARM PEPPERMINT TEA

Relaxes tight gut spasms (skip if you have heartburn).

KNEE-TO-CHEST STRETCH

Lie on your back and hug one knee for 30 seconds per side.

Sip warm liquids, skip ice-cold drinks!

FIRST AID AT THE FEAST

Quick moves right after a big meal!

1. STAY UPRIGHT

Wait 2-3 hours before lying flat so gravity keeps stomach acid down.

2. LOOSEN YOUR BELT

Unbutton tight waistbands to relieve pressure on a full stomach.

3. WALK 10 MINUTES

A gentle stroll wakes up digestion and steadies blood sugar.

Small moves bring big relief!

MORNING-AFTER REVIVAL

Bounce back after late-night cheer!

DIY ELECTROLYTE DRINK

Mix water, a pinch of sea salt, and a splash of orange juice.

GENTLE STOMACH FUEL

Eat plain toast, crackers, or a banana before drinking any coffee.

EGGS FOR RECOVERY

Eggs supply cysteine to help your liver clear hangover toxins.

Skip heavy grease on an irritated stomach!