

Reduce Your Tummy Bloat Fast With These 6 Juices

Are you struggling with a bloated stomach? These six juices should do the trick!

Lemon

Lemons are natural diuretics and a gentle laxative when added to warm water.

Celery

Celery is a digestive aid that helps you regulate bowel movements and control intestinal gas because its phytochemicals are known to decrease fluid retention.

Cucumber

Rich in quercetin, cucumbers help reduce bloating.

Parsley

Add parsley to anything and you'll be blasting out belly bloating.

Watermelon

Watermelon has natural diuretic properties and is a great source of potassium. Keeping a balance between sodium and potassium is important to control bloat.

Turmeric and Rosemary

Add turmeric and rosemary to juices and water to reduce bloating.

Recipe for Bloat-Deflating Spa Water

Combine lemon, cucumber, watermelon and rosemary for a

refreshing natural diuretic. {eoa}

Cherie Calbom, M.S., holds a Master of Science in whole foods nutrition from Bastyr University. Known as “The Juice Lady” for her work with juicing and health, she is the author of 32 books, including her latest book ,The Juice Lady’s Guide to Fasting. She and her husband offer juice-cleanse retreats throughout the year, 30-Day detox online and Garden’s Best Juice Powder. “What You Can Do When Your Healing Doesn’t Come” is one point from her teaching “7 Keys to Your Supernatural Healing.” You can connect with Cherie at .

This article originally appeared at .