

TRADITIONAL CHINESE MEDICINE GUIDE

Relieving Bloating Using TCM



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INTRODUCTION

Reduce Your Bloating

I'm Li Duggan of Li Duggan Acupuncture and Traditional Chinese Medicine. I run clinics in Ireland, and many of my clients come to me looking for relief from persistent bloating and digestive discomfort.

Do you often feel uncomfortably full, sluggish, or experience bloating after meals? Occasional bloating is normal, but when it becomes a regular issue, it can affect your energy, mood, and overall well-being.



Instead of just masking the symptoms, it's important to address the root cause and restore balance to your digestion.

This handy guide will introduce you to the wisdom of Traditional Chinese Medicine, helping you ease bloating, improve digestion, and feel lighter and more comfortable every day.

CHAPTER I

What is Bloating in TCM?



What is Low Energy and Burnout in TCM?

In Traditional Chinese Medicine (TCM), bloating is seen as a sign of disharmony within the digestive system, often linked to an imbalance of Qi, dampness, or stagnation in the Spleen, Stomach, and Liver.

Rather than treating bloating as a standalone issue, TCM addresses its root cause to restore digestive harmony and overall well-being.

CHAPTER II

Common Causes of Bloating in TCM

You may already have some suspicions about why you are bloated all the time. It could be stress, your eating habits, or your lifestyle. In the view of Traditional Chinese Medicine, insomnia can be caused by imbalances of **qi** or the life force in certain body parts, namely:

Spleen Qi Deficiency

The Spleen is responsible for transforming and transporting food and fluids. When weakened, digestion slows, leading to bloating, fatigue, and loose stools.

Liver Qi Stagnation

Stress and emotional imbalance can disrupt the flow of Qi, causing bloating, abdominal discomfort, and irregular digestion.



Dampness Accumulation

Excess dampness in the body leads to fluid retention, bloating, heaviness, and sluggish digestion.

Food Stagnation

Overeating or consuming hard-to-digest foods can cause undigested food to accumulate in the Stomach, resulting in bloating and discomfort.

Cold In The Stomach

Consuming too many cold or raw foods can slow digestion, causing bloating and a sensation of fullness.



Fullness happens when you've eaten enough, and your stomach feels satisfied. **Bloating**, on the other hand, is an uncomfortable swelling or tightness—often caused by poor digestion, food sensitivities, or imbalance in your gut.



CHAPTER III

Symptoms of Bloating Based on TCM



There are many symptoms of bloating and different types of bloating based on patterns from Traditional Chinese Medicine.

We have categorised these symptoms according to explanations based on TCM:

Spleen Qi Deficiency

Bloating after meals, fatigue, weak digestion, loose stools.



Liver Qi Stagnation

Bloating worsened by stress, emotional tension, and mood swings.

Dampness Accumulation

A heavy, full feeling in the abdomen, sluggishness, and water retention.

Food Stagnation

Distended belly, belching, nausea, and a sensation of food sitting in the stomach.

Cold In The Stomach

Bloating after consuming cold foods, slow digestion, and a preference for warm beverages.



In Traditional Chinese Medicine, Yin and Yang represent the body's dynamic balance—**Yin** is cool, nourishing, and passive, while **Yang** is warm, active, and energizing. Health depends on their harmony; an imbalance can lead to illness or discomfort.



CHAPTER IV

Dietary and Lifestyle Adjustments to Relieve Bloating

One of the most important things to realise about bloating is that your diet and lifestyle is directly affecting your sleep.

As mentioned in the previous chapters, according to Traditional Chinese Medicine, certain body parts become imbalanced, contributing to poor gut health and overall bloating

In this chapter, we will mention food you can eat to restore balance to the relevant body parts. As always, make sure to consult your doctor before consuming any of these foods, fruits, and herbs, and make sure that you are not allergic to any of these too.





Spleen Qi Deficiency

Eat warm, cooked foods like congee, squash, and root vegetables. Avoid **raw** and **cold** foods.

Liver Qi Stagnation

Reduce stress and consume sour foods like lemon and pickled vegetables to help move Qi.

Dampness Accumulation

Avoid dairy, sugar, and fried foods. Focus on drying foods like barley, lentils, and ginger.

Food Stagnation

Eat smaller portions, chew thoroughly, and include digestion-boosting spices like fennel and black pepper.

Cold In The Stomach

Avoid iced drinks, eat warming foods like ginger and cinnamon, and drink warm teas.

CHAPTER V

Acupressure for Bloating Relief



Acupressure is a healing technique in TCM that involves applying gentle pressure to specific points on the body to restore balance, relieve pain, and improve overall well-being. It works by stimulating the body's natural energy flow (Qi) to promote relaxation and healing.

To stimulate acupressure points:

- **Press or massage** the point using your thumb or index finger with firm but comfortable pressure.
- **Hold or rub** in a circular motion for 30 seconds to 2 minutes on each point.
- Repeat **1–3 times daily** for best results.
- Apply pressure on **both sides of the body** if applicable for balance.

Here are the acupressure points and how to find them. Look at where the red dots are located. These are the points you need to stimulate.

Stomach 36
Zusanli 足三里



Spleen 6
Sanyinjiao 三阴交



Liver 3
Taichong 太冲



CV 12 Zhongwan
中脘



CHAPTER VI

Herbal Remedies for Low Energy, Burnout



TCM herbs can help regulate digestion and reduce bloating. They can be made into tea for drinking or consumed as an ingredient for your meals.

- **Chen Pi (Dried Tangerine Peel):** Moves stagnant Qi and reduces bloating.
- **Huo Xiang (Patchouli):** Transforms dampness and relieves digestive discomfort.
- **Shan Zha (Hawthorn Berry):** Aids in digesting heavy foods and reducing food stagnation.
- **Fu Ling (Poria):** Eliminates dampness and supports Spleen Qi.

CHAPTER VII

Tips for Managing Bloating Naturally



By addressing the root causes of bloating using TCM principles, you can improve digestion, enhance gut health, and achieve long-term relief from discomfort.

- Eat slowly and mindfully, **avoiding distractions during meals.**
- **Avoid excessive raw, cold, or greasy foods** that can burden digestion.
- Engage in light movements such as **standing and light or relaxed walking after meals** to support digestion.
- Practice stress management techniques like **deep breathing or Tai Chi** to prevent Liver Qi stagnation.

CHAPTER VIII





















Food, Exercise, and Mood Diary























Since there are many factors that can contribute to bloating, use a Food, Exercise, and Mood Diary to build and keep track of your healthy habits.

For a week or so, finish this food, exercise, and mood diary so you can see patterns in your lifestyle that may contribute to bloating.

Feel free to print the next few pages and fill in the pages with notes of food you ate, your exercise routine, as well as your overall mood for each day.

DATE	FOOD	EXERCISE	OVERALL MOOD
DAY 1			   
DAY 2			   
DAY 3			   
DAY 4			   
DAY 5			   
NOTES			

DATE	FOOD	EXERCISE	OVERALL MOOD
DAY 6			   
DAY 7			   
DAY 8			   
DAY 9			   
DAY 10			   
NOTES			

CONCLUSION

What's next?

We hope this guide has been helpful to you. From incorporating a holistic approach with diet and even exploring how Traditional Chinese Medicine can be incorporated into your lifestyle, these tips will surely help you get rid of bloating.

Remember, there's no one-size-fits-all approach. Find what works for you and consult a healthcare professional for personalised guidance.

If you're in Ireland and interested in exploring acupuncture and other Traditional Chinese Medicine techniques to reduce bloating, consider contacting us at Li Duggan Acupuncture and Traditional Chinese Medicine. If you're not in Ireland, we also offer video consultations.

Our team of experienced practitioners can provide a personalised consultation to discuss your specific needs.



Thank you and see you soon!

Foxrock Clinic

Opening Hours

Wednesday: 10am–Flexible

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