

## 5 tips to Beat the Bloat this Christmas from NEW “Gorgeous Greens”

Submitted by: Chris James Mind Body

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Chris James Mind Body is supporting healthy eating this Christmas with "5 tips to Beat the Bloat" to accompany the launch of daily sachets of its “Gorgeous Greens”. The new formulation now includes extra enzymes, lipase, amylase, papain, and protease, which help to ease digestion and prevent bloating.

"I wanted to create a superior Greens supplement for busy healthy men and women. Enzymes are a key health trend as we head into 2017!" says Chris James, Founder of CJMB.

"I also wanted to offer some simple steps that will help absolutely everyone to have a healthier Christmas while really enjoying every meal".

The 5 tips from Chris include keeping an eye on the "3 P's" - protein, potassium and probiotics (see end of release for all 5 tips).

CJMB's "Gorgeous Greens" are delicious when added to freshly pressed juices and smoothies, and a range of recipes are available (see end of release for example recipe and details of samples for the media).

Chris James Mind Body has sourced superior quality organic seaweed, (Ascophyllum Nodosum & Fucus vesiculosus) wheatgrass, alfalfa, kale, nettle dandelion leaf in addition chlorella and spirulina which together help to strengthen the immune system, help with regularity, restore pH balance, and owing to its antioxidant-rich formula inhibits age-related enzymes and slows the ageing process.

Apart from targeting the gut, “Gorgeous Greens” will assist in detoxifying other organs too. Results will leave you feeling less bloated, your skin more radiant, plus you’ll also notice how much better you sleep and how boosted your energy levels are.

Gorgeous Greens are suitable for a wide range of dietary needs, being free from wheat, yeast, starch, gluten, lactose, soy, added colourings, sweeteners and preservatives. Suitable for vegetarians, we use organic ingredients whenever possible.

Packaged in a very cool cuboid box that looks great in your kitchen, a month’s supply of “Gorgeous Greens” (20 sachets) is just £29.

CJMB’s Gorgeous Greens Super Smoothie

Serves 2

Ingredients

- Large handful of spinach
- ½ pear
- slice melon
- ¼ ripe avocado
- ½ orange
- 4 x ice cubes

- Almond milk to fill to level
- 1 serving x Gorgeous Greens
- Juice ½ lime (peeled)

#### Preparation

Juice the pears, melon, orange, spinach and lime. Put the avocado flesh into a blender along with the ice and Gorgeous Greens. Blend everything until smooth. Pour and enjoy!

[www.chrisjamesmindbody.com](http://www.chrisjamesmindbody.com)

Chris James of CJMB's additional tips to 'beat the Christmas bloat' and stay healthy!

#### 1) Mind your P's

Avoiding bloat isn't only about avoiding foods; it's key to eat more foods that are effective at battling bloat. Reach for a healthy helping of the three P's: potassium, protein, and probiotics. You can benefit from a boost of potassium-rich foods like sweet potatoes, winter squash, citrus, bananas, and nuts, which help regulate excess sodium!

#### 2) Consume Fibre

Make sure you're getting enough fibre amidst the trays of holiday snacks. If you know you're going somewhere that you won't have a lot of control over your food choices, a fibre supplement can help a lot.

#### 3) Slow down

Eating too quickly can cause you to swallow more air, worsening bloat. Take a full 30 minutes to finish a meal, which will help you banish the bloat and listen for when your body tells you it's full.

#### 4) Hydrate, hydrate, hydrate

Water helps to speed up digestion and can counteract the effects of salt and carb-induced bloating. Aim for eight to ten glasses a day, especially during the holidays.

#### 5) Start again tomorrow

Most importantly, if you overindulge at Christmas don't beat yourself up! Indulging once in a while is not that big of a deal—just start fresh tomorrow.

-Ends-

Notes to Editors

For interviews with Chris James, further recipes and samples for journalists wanting to challenge

themselves to a "Gorgeous Greens" cleanse contact Grace at [hello@chrisjamesmindbody.com](mailto:hello@chrisjamesmindbody.com) / 07973 376 572

Twitter: <https://twitter.com/ChrisJamesYoga>

#### About CJMB:

Chris James Mind Body is a premium health & lifestyle brand that offers a 360 degree natural solution to achieving optimum levels of wellness year round. Our product range, including our signature product "12 Days" Cleanse is stocked at Harrods, Space NK, Wholefoods, and Naturismo. We deliver Mind Body Cleanse™ workshops and master classes internationally. Our Clean Break retreats are well known and exclusive.

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