



FIT TO GET
Hitched

Quick Tricks to Tighten for the Big Day

What do you do when wedding showers, bachelorette parties, and cake tastings all in preparation for the big day have you feeling like a busted can of biscuits? And with the Big Day right around the corner! Don't panic, I got you. Here is my list of easy, safe, and natural solutions to decreasing "fluff" in time to slide into that dress with ease.

The tricks in this article are not meant for long-term or permanent weight loss. These tricks help you safely drop a few pounds (mostly water) and **drastically** cut bloat before the big day.



First, Let's Talk About What NOT To Do

Cleanses, Starving Yourself, Cutting Water

Your body is really smart. It's main objective is survival. If you drastically cut food or water before the big day, your body goes into survival mode and holds on to whatever you do give it. If you're retaining water, it's probably because your body isn't getting enough of it. The same goes for people who eat one meal a day. The reason they

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still gain weight is because their body thinks it's starving the rest of the day, so it holds onto food (in the form of body fat) when it does get it, because it doesn't know when it will get food again.

Cleanses typically have a rebound effect for the same reason. Cleanses typically dehydrate and rid the body of essential nutrients. Therefore, when you go back to eating and drinking normally, the re-gain is fast and water and sodium retention are high.

Also, fiber supplements are not a good way to decrease stomach volume. Typically they increase bloating because they are *synthetic* forms of fiber. You're better off getting your fiber from whole food sources.

So What Do You Do?

The trick is to work *with* your body, not against it, to allow it to naturally let go of the "bloat". The following "tricks" work with your body to help safely and effectively reduce bloat and water weight (even stress-induced!) for big events.

My Numero Uno: Apple Cider Vinegar

You might curse me when you're plugging your nose and drinking this stuff, but TRUST ME. This stuff is life changing.

I was introduced to this when I worked for a weight loss company as a weight loss counselor. I decided if I was having my clients do it, I should at least try it. I promised to give it three days.

Warning: this stuff tastes terrible. The cranberry juice is tart, the whole thing smells like vinegar. It burns a little going down. But after three days of drinking this **first thing in the morning on an empty stomach**, I was hooked. *What is this magic?*

The Recipe: 1-2 Tbsp Bragg's Apple Cider Vinegar + ¼ c unsweetened cranberry juice:



1-2 Tbsp



¼ cup

You can “shoot it” like this, or water it down a little with ½ c water. It’s less pungent with the water, but takes longer to drink.

I lost three pounds without changing my diet at all, and it stayed off. My digestion was better, I was less bloated in general but especially after meals. That was four years ago, I still do this every morning and I swear by it. Apple Cider Vinegar has hundreds of health benefits I won’t get into in this article, but if you do one thing, do this. This is something you can continue to do indefinitely. Unless you really hate the taste, but trust me, you get used to it and it becomes easy.

Second, Drink More Water

Not less. I mentioned it above in What Not To Do. Your body is smart, it operates on a feedback system. If it’s not getting enough water, it’s going to hold on to what it is getting. If you’re holding onto water, drink more. Your body will let go of what it’s holding onto when it recognizes that it’s getting enough.

You can also take a mild OTC diuretic like Diurex, MHP’s Expel, or XTract. If you do this, make sure you’re still drinking a ton of water to help the diuretic do its job. Mild diuretics should only

be used **up to 5 days before the wedding**. Diuretics of any strengths should not be used more than 7 days in a row.

Consume Foods That Reduce Bloating and Inflammation

Yes, coffee is a natural diuretic. So is red wine! Wee! Coffee any time of the day is great, and here's a little not-so-well-known secret: instant coffee has more of a diuretic effect than other coffees. Yes, the stuff is gross and shouldn't be considered coffee at all, but it does the trick.

Do you ever wake up the morning after drinking (anything but beer) and look in the mirror like "heeeeee skinny!?" Alcohol in general is a diuretic, that's why, but all it takes is a glass or two of red wine **the night before the event** to help reduce water overnight and still feel good the next day.

Other foods that have shown to reduce bloating and inflammation: **asparagus** (I know, smelly pee, but that's because it's helping clean your system out), **sweet potatoes** (with the skin), **berries, raisins, garlic**.

On That Note, Avoid "Trigger" Foods

Foods that often trigger bad digestion especially dairy, soy, and wheat. Everyone is different, so this list may be different for some. Personally, I don't have noticeable stomach issues with dairy, but when I cut it out I noticed a huge difference in digestion and..regularity. Even if it's something you don't notice causing a problem, try cutting it out the **last two weeks before the big day** and see if it doesn't help. Great alternatives are coconut or almond milk. If you cut out wheat, you can still get good carbs from oats, rice, potatoes, quinoa, beans, etc.

Take a Probiotic

I can't believe I'm saying this, because for years I was against them! I believe that your body has a natural environment that it works hard to keep balanced and that it doesn't need help. Then I had to take a boatload of antibiotics and they gave me a probiotic to help keep my digestive

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system healthy...life changing (I say that a lot I realize). Again, reduces bloating by improving digestion. I take Walgreen's brand in the purple box, doesn't have to be anything fancy!

Avoid Sodium

Again, not a typical recommendation of mine. I salt all my food, as sodium is necessary for basic body functions like muscle contraction and your heartbeat (don't worry, your heart won't stop if you don't salt your food. I didn't salt my food for *years* before I learned better). Go ahead and pass on the salt shaker **for a few days leading up the wedding (three days, at least, more if you're a "heavy user")**. Sodium can hold up to *ten times* its weight in water. Major weight fluctuations day to day are usually due to the sodium content in food.

You Don't Need To Do ALL Of These To De-Fluff!

I hope this gave you some know-how to help you feel confident on your wedding day. Keep in mind that these are not ALL necessary to achieve results. Add one or all of these to your arsenal at one time to help you for any event!

Questions? E-mail me! fittogethitchedblog@gmail.com