



7 Tips for Better Gut Health

1. Load Up on Fibre-Rich Foods 🍏

- **Why:** Fibre feeds the good bacteria in your gut, promoting a healthy microbiome.
- **How:** Enjoy plenty of veggies, whole (non gluten) grains, nuts, and seeds daily. Aim for 25–30g of fibre for optimal results.
- **Pro Tip:** Start slow with fibre if you're not used to it to avoid bloating.

2. Embrace Fermented Foods for Probiotics 🥒

- **Why:** Fermented foods like sauerkraut, kefir, and yogurt are rich in probiotics that help balance gut bacteria.
- **How:** Add a spoonful of sauerkraut to meals, or swap your regular milk for kefir.
- **Pro Tip:** Try rotating fermented foods to diversify your probiotic intake!

3. Stay Hydrated with Pure Water 💧

- **Why:** Water aids digestion, keeps things moving, and supports nutrient absorption.
- **How:** Aim for 2-3l of pure water each day; herbal teas also count!
- **Pro Tip:** Add lemon or cucumber slices for a refreshing twist that also supports digestion.

4. Manage Stress for a Happier Gut 🧘

- **Why:** Chronic stress can disrupt gut health by altering your gut bacteria and slowing digestion.
- **How:** Practice deep breathing, meditation, or gentle yoga to relax your nervous system.
- **Pro Tip:** Try taking 5 slow, deep breaths before meals to calm your mind and prepare your gut for digestion.

5. Limit Processed and Sugary Foods 🚫

- **Why:** Processed foods and sugar can fuel harmful gut bacteria, leading to imbalances and inflammation.

- **How:** Choose whole foods and minimise sugary snacks, sodas, and processed treats.
- **Pro Tip:** When cravings hit, opt for a piece of fruit or a handful of nuts instead.

6. Prioritize Prebiotic Foods 🍌

- **Why:** Prebiotics are types of fibre that feed your probiotics, helping them thrive.
- **How:** Include foods like garlic, onions, leeks, bananas, and asparagus for an easy prebiotic boost.
- **Pro Tip:** Lightly cook onions and garlic to make them easier on the stomach but still effective.

7. Consider a High-Quality Probiotic Supplement 💊

- **Why:** A good probiotic supplement can help restore and maintain healthy gut bacteria, especially after antibiotics.
- **How:** Look for multi-strain probiotics with at least 10 billion CFUs and take as directed.
- **Pro Tip:** Choose a brand that does not require refrigeration .

Healthy Gut, Happy You! 🌱

With these simple, natural steps, you can support your gut, boost your energy, and feel more balanced. Start small and build from there—your gut (and body) will thank you!