3 HABITS TO IMPROVE YOUR DIGESTION

Gut Health



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Hello!

Your digestive system is a key component of your overall health. Its health affects your immune system and more. In fact, research has found that your gut controls so many functions that it is often referred to now as a second brain!

Do you suffer from the following digestive symptoms on a daily or weekly basis?

- Constipation
- Diarrhea
- Bloating
- Gas
- Reflux

It's normal to experience an occasional issue after a big meal or poorly cooked food. However, if you experience symptoms on a daily basis, then it's time to take action.

If you've been feeling "off" lately, the good news is that you can take action to heal your gut and strengthen your health. Start with the3 habits inside this guide!

In health,

Coach Kai
Holistic Health & Nutritional Weight Loss Coach

HABIT 1

MASTER THE ART OF MINDFUL ELIMINATION

WHAT THIS MEANS

Strategically removing gut damaging foods and substances while being mindful of your body's unique responses.

WHY IT MATTERS

You can't heal a leaky bucket while water is still pouring in. Removing gut irritants gives your system the space it needs to begin healing.

HOW TO IMPLEMENT

WEEK 1-2: THE GENTLE REDUCTION

Cut processed foods by 50% – start by replacing one processed meal per day with a whole food alternative

Reduce added sugars by reading labels and choosing foods with less than 5g added sugar per serving

Limit alcohol to 2-3 drinks per week maximum (or eliminate entirely for faster results)

WEEK 3-4: THE DEEPER CLEAN

Eliminate artificial sweeteners, colors, and preservatives – check ingredient lists and choose foods with 5 ingredients or less

Remove vegetable oils (canola, soybean, corn oil) and replace with olive oil, avocado oil, or coconut oil.

Address your personal trigger foods by keeping a food diary and noting symptoms

Don't try to eliminate everything at once! Choose 1-2 items to focus on each week. Sustainable change happens gradually.

HABIT 2

FUEL YOUR BODY WITH GUT-LOVING NUTRITION

WHAT THIS MEANS

Actively choosing foods that nourish your gut microbiome and support optimal digestion.

WHY IT MATTERS

Your gut bacteria literally feed on what you eat. Give them the right fuel, and they'll reward you with better health, energy, and mood.

HOW TO IMPLEMENT

THE PLATE METHOD FOR GUT HEALTH

50% Non-starchy vegetables: Aim for 6-8 servings daily, focusing on variety and color

30% Quality protein: Include both animal and plant sources to feed beneficial bacteria

10% Healthy fats: Focus on omega-3 rich sources and anti-inflammatory fats

10% Complex carbohydrates: Choose fiber-rich options that feed your microbiome

DAILY NUTRITION GOALS

Fiber intake: Work up to 25-40g daily (increase gradually to avoid bloating)

Hydration: Aim for 3 liters of clean, filtered water daily

Healthy fats: Include omega-3 rich foods 3-4 times per week (salmon, sardines, walnuts, flax seeds)

Focus on ADDING beneficial foods before restricting.
When you crowd out the bad with the good, cravings naturally diminish.

HABIT 3

MOVE YOUR BODY, MOVE YOUR GUT

WHAT THIS MEANS

Using strategic movement and exercise to support healthy digestion, gut bacteria diversity, and overall gut function.

WHY IT MATTERS

Physical activity directly influences your gut microbiome diversity, promotes regular bowel movements, and reduces inflammation throughout your digestive system.

HOW TO IMPLEMENT

DAILY MOVEMENT GOALS

Minimum: 30 minutes of movement daily (can be in 10-minute chunks)

Variety: Include cardio, strength training, flexibility, and restorative movement

Post-meal walks: 10-15 minute gentle walks after meals to aid digestion

GUT-SPECIFIC EXERCISE BENEFITS

Cardiovascular exercise: 150 mins a week to increase beneficial bacteria diversity

Strength training: 2-3 times weekly, reduces inflammation & supports metabolism

Yoga and stretching: Focus on twisting poses and forward folds to massage digestive organs

Deep breathing exercises: Activate the parasympathetic nervous system for optimal digestion

Find movement you actually enjoy! The best exercise is the one you'll do consistently. Start with just 10 minutes daily and build from there.

YOUR GUT HEALTH SUCCESS PLAN

Remember, this is YOUR journey. These are just 3 habits you can use to help improve your gut health- use them in the way that works best for your life, schedule, and current health status. Progress, not perfection, is the goal.

If you're ready to take your gut health to the next level, join the 5 day Gut Health Reset Bootcamp

Coach Kai

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