TOP 10 STRATEGIES FOR RESTORING YOUR *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 talk to a doctor.

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 the strategies inside this guide!

In health,

Coach Kai
Holistic Health & Nutritional Weight Loss Coach

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10 Strategies

FOR GUT RELIEF & HEALING

01

Remove sugar and refined carbohydrates.
Bacteria in your digestive system can feed on the sugar and refined carbohydrates and create issues. If you want to heal your gut, it's important to change your diet. Cutting out sugar and refined carbohydrates is the first step to strengthening your health. You'll reduce yeast growth in the gut and other unpleasant issues.

02

Check your medications.
Certain medications can affect your digestive system. If you're experiencing a side effect from one of your medications that is related to your digestive system, discuss it with your doctor. You may be able to adjust the medications that cause digestive issues. If you've taken antibiotics, be aware that they affect digestive systems.

03

Try digestive enzymes.
Your gut may be lacking the necessary enzymes to digest your food effectively. Your doctor can recommend supplements that help restore your enzymes.

04

Add fiber.
Your digestive system needs fiber to function properly. Using natural sources of fiber usually works the best. Nuts, vegetables, beans, and whole grains have the fiber you need.

05

Check for food allergies.
Not all food allergies are easy to detect. You may have a food allergy or sensitivity that is hurting your digestive system. Your body is unique, and you may not have all the symptoms that are typical. If you suspect a food allergy is present, discuss it with your doctor.

10 Strategies

FOR GUT RELIEF & HEALING

06 **Try probiotics.**
Probiotics can help you heal your gut and may help you feel better. You can find probiotics in a variety of fermented foods such as kimchi and kombucha. You can also find them in yogurts and other items. You may also want to try probiotic supplements.

07 **Chew carefully.**
Not chewing your food properly can hurt your gut as well. Chewing gives saliva a chance to mix digestive enzymes with the food before you even swallow it. This helps your gut break down the food easier. Experts recommend chewing each bite of food at least 20 times.

08 **Avoid fast food and processed food.**
These foods have high levels of salt and fat, and can make your gut feel worse.

09 **Warm up your food.**
Eating cold food puts more stress on your digestive system.

10 **Sit down to eat.**
Relax and enjoy your food, rather than hurrying through your meal.

READY FOR THE

Next Step?

Join The Ultimate Gut-Body Reset Program

