

How to take care of your gut

Taking care of your gut is an essential part of maintaining overall health. Here are some tips to help you take care of your gut:

1. Eat a **balanced and varied diet** that includes plenty of fiber-rich foods.
2. Stay hydrated by drinking plenty of **water** throughout the day. Aim for 6–8 glasses.
3. Avoid **processed and high-fat** foods that can be difficult to digest.
4. Incorporate **probiotics and prebiotics** into your diet to promote healthy gut bacteria.
5. **Manage stress** levels through regular exercise, meditation, or other relaxation techniques.
6. Avoid **smoking**
7. Limit **alcohol** consumption.
8. **Fermented foods** such as yogurt, kefir, sauerkraut, kimchi help promote healthy gut bacteria.
9. **Avoid too much sugar** as it can disrupt the balance of good bacteria in the gut and promote an overgrowth such as candida.
10. Eat a varied and **diverse** diet that includes all the food groups, to ensure you are getting in all your nutrient requirements.
11. **Exercise** regularly
12. Get enough **sleep**
13. Get plenty of **sunshine**
14. **Supplement** when necessary
15. Eat **fruit and vegetables** every day.
16. Limit caffeine
17. Take **digestive enzymes** especially for the first two years to help your gut.
18. Try and eat **organic** as far as possible