

## GUIDE TO DIGESTIVE WELLNESS

*All diseases begin in the gut. -Hippocrates-*

---

Hippocrates said this more than 2,000 years ago, but we're only now coming to understand just how right he was. Research over the past two decades has revealed that gut health is critical to overall health and well-being, and that an unhealthy gut contributes to a wide range of diseases and conditions including diabetes, obesity, rheumatoid arthritis, autism spectrum disorder, migraine and other headaches, eczema and other skin conditions, Celiac Disease, non-Celiac gluten sensitivity, food sensitivities, depression, and chronic fatigue syndrome. Keeping your digestive system on track is key to feeling good now and preventing serious illness down the road.

### 10 Healthy Gut Tips and Strategies

Often, it's the simplest things that make the biggest difference.

- 1. Establish regular eating habits.** Eating at regular times helps regulate your bowels.
- 2. Eat medium-sized meals, instead of large ones.** This will ease the amount of food moving through your intestinal tract and avoid overwhelming your GI tract. If you are hungry between meals, have a small snack.
- 3. Chew each bite of food thoroughly.** This can ease the digestive process.
- 4. Eat a healthy balanced diet.** Consume mostly fresh, minimally processed foods. Highly processed foods are filled with chemicals that are most certainly not good for your body and can negatively impact your digestive health.
- 5. Eat plenty of fiber-rich foods.** Aim for 25 grams each day. Try whole fruits, vegetables (including beans) and whole grains like rolled oats and farro. Take it slow. Adding too much fiber too quickly can result in excess gas and bloating.
- 6. Drink enough fluids.** Fiber draws water from your body to move foods through your intestine. Without enough water and fluids, you can become constipated. Eight 8-ounce glasses a day is a good place to start.
- 7. Watch what you drink.** Alcohol and caffeine can stimulate your intestines; this can disrupt the digestive process and cause diarrhea. Beverages labeled "sugar-free" containing sugar alcohols such as mannitol, sorbitol, and xylitol can cause diarrhea too. Carbonated drinks can produce excess gas.
- 8. Minimize stress.** The colon contains nerves that connect to the brain. Stress can stimulate spasms in the colon, causing discomfort and pain. Yoga, meditation, therapy or even journaling have been shown to reduce stress and anxiety.

**9. Exercise.** Physical activity stimulates your colon which leads to more regular bowel movements. Exercise can also help manage irritable bowel symptoms.

**10. Eat probiotics.** Probiotics increase the number of healthy bacteria in your gut. Yogurt, kefir, kimchi, fermented cheeses, and fresh sauerkraut are all good sources of probiotics.

**Bottom line:** Trust your gut. What's happening in your digestive tract is directly affecting your health. It's important to remove offending foods and toxins from your diet that could be acting as stressors on your system. Caffeine, alcohol, processed foods, unhealthy fats, and any other food (even seemingly healthy foods such as certain fruits) could irritate your gut, creating an inflammatory response, and making you sick.

**I hope these healthy strategies motivate you to take good care of your gut. It would be my pleasure to assist you in creating a personalized digestive wellness plan.**

Click [here](#) or give me a call @ 732-494-1149 and let's get started!