



Things to try:

- Start everyday with a glass of lemon water and a pinch of real sea salt
- NEVER drink caffeine on an empty stomach
- Eat a high protein breakfast within 30 minutes of waking up
- Stay away from fake foods
- Eat fermented foods daily
- Get active for at least 30 minutes everyday
- Turn off the TV or computer or gadgets and get more active
- Breath work/meditation



Foods to Include In your diet to strengthen your gut:

- Eat probiotics (good bacteria) Fermented foods, yogurt, sauerkraut, apples, raw cheese, apple cider vinegar, sour dough bread, raw milk
- Eat prebiotics (Foods that feed probiotics)-dandelion greens, onions, garlic, green bananas, asparagus, barley, lentils
- Drink tea- dandelion root, chamomile, milk thistle, ginger
- Get rid of fake foods- added fillers, preservatives, artificial sweeteners or flavors, added sodium. Boxed and packaged foods are not real foods!
- Real salt- Use real non processed sea salts on your food. Get rid of processed salts.

Why Is the gut so Important?

The gut is a powerhouse within the body — it converts food into energy, delivers valuable nutrients into the bloodstream, manages waste and protects against disease. In fact, the gut is an intrinsic link to bettering our overall health and wellness. 70 % of our Immune system is found in the gut along with 90% of our serotonin. We cannot have a thriving body and brain without a healthy gut! The gut produces more neurotransmitters — which affect mood and behavior — than the brain does. Use these tips to help strengthen your gut!