

# Gut Health, the Cornerstone of Optimal Health

**Food cravings. Bloating. Gas. Constipation. Heartburn. Sickness. Anxiety. Frequent fatigue. Sound familiar? These are all signs of impaired gut health, and if you're experiencing these, you are not alone.**

Your gut is where your metabolism starts, food is digested, nutrients are absorbed, and neurotransmitters (brain chemicals) are made. It also serves as the fighting ground to keep foreign invaders at bay. If your gut health isn't up to par, even the most nutritious foods may not be digested or absorbed properly!

So, how can we improve our gut health? Find our "Top 3 Tips" below!



1. **Keep your sugar intake low:** Refined carbohydrates, sugar, and processed foods create an environment in your gut flora where bad bacteria thrive. Aim to get your carbohydrates from veggies and fruits and eat plenty of protein and healthy fats at your meals.
2. **Include fermented foods on a daily basis:** Kombucha, sauerkraut, kefir, and yogurt are a few natural sources of healthy bacteria.
3. **Manage your stress:** Your gut and brain are intricately connected, so make a conscious effort to release stress in your favorite way!

**Have you taken antibiotics recently?** Antibiotics can wreak havoc on your healthy gut flora, so consider taking a probiotic. Look for an *active* one (hint: this means it will need to be kept refrigerated).



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