



# 5 Ways

## TO HEAL THE GUT

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The only time you really notice your gut and what goes on in there is when it's malfunctioning!

When your gut is out of line or imbalanced, the side effects can be debilitating. Healing your gut and getting everything back in line takes some dedication, but it can change your life in a hurry.

Everyone has a different set of bacteria within their gut and needs to adapt to suit their own needs. For most people healing your gut takes time, effort, and patience, but it's not out of reach!

## WHAT IS GUT HEALTH?

You've probably heard the phrase "a gut feeling" at least once or twice in your life, and while it may seem like a euphemism, your gut can speak to you clearly when it comes to your health and wellness.

The gut, which comprises the small and large intestines and the stomach, acts as a second brain within the body. As you change and develop, it starts to "speak" and dictate how you feel throughout your day and life.

Gut health is all about bacteria and the balance between good and bad.

Your immune system is centered in your gut, as is the bulk of your serotonin secretors. Balancing the good and bad bacteria within the gut helps keep you healthy and regularly releases serotonin into your system as it should.

When bad bacteria overwhelm that system, your health decreases as well. The immune system isn't able to respond to invaders quickly or with the power, it needs to keep you healthy in the long term. The key to getting that bad bacteria out of the way is to overwhelm it with good bacteria and strike a balance.

# WHAT IMPACTS GUT HEALTH?

Since gut health affects huge areas of your life, from your immune system to the way you digest food, there are a lot of factors that can impact it as well.

## Stress

Stress is a big factor when it comes to any area of health and especially when it comes to gut health. Added stress in your life can increase gut permeability which leads to "leaky gut syndrome." When your gut starts to leak, bad bacteria can flood the space and leave you feeling yucky. Stress can also make food pass more quickly through your system, leaving you with a tummy ache.

## Lack of Good Nutrition

So much of what we eat today is processed heavily and filled with sugars. All that processed food and excess sugar can actually hurt the good bacteria that may be left. Highly processed foods are also too easy for your body to digest. Without the higher levels of fiber and work it takes to break it down, your gut can get lazy. The extra work keeps things moving and pulls along the bad bacteria, so it leaves your body fast. Whole foods are the best source of this kind of work for your gut and aren't often a part of the processed foods you normally find on your shelves.

## Antibiotics and Antacids

Antibiotics can be a huge help when you're dealing with an infection, but the core premise of the medicine is that it kills off bacteria, including the good kind lurking in your gut. It may clear out all the bad bacteria, too, but it leaves you with a blank slate where a resurgence of bad bacteria can grow. Overusing both antibiotics and antacids can leave your gut in limbo, and bad bacteria can move in. Instead of ending all your medications, it's best to talk with your doctor first! But if your gut is starting to give you

issues, you can always ask if there are any alternatives to antibiotics that your doctor can prescribe!

## TOP 5 WAYS TO IMPROVE GUT HEALTH

Let's get down to the nitty-gritty: what can you do about your gut health, and what are the best hacks to get it balanced again?

### Lower Stress Levels

Stress levels are one of the most impactful things for your gut health. Lowering said stress levels can give your gut a new lease on life!

You can't cut out everyone and everything in your life that causes you stress, so the goal is to find ways to manage the stress and lower it to normal levels. If you don't want to start taking hardcore prescription medications, which can cause bigger issues within your gut, there are some simple ways to lower your stress levels.

### Create A Good Routine

While the details of your day might not go strictly according to plan, there are a few places, including your morning and evening routines, where you can build a plan for the day. Instead of simply hoping for the best, you have some control over certain parts of your day, which can help lower stress levels and make it easier to deal with the rest of the chaos!

### Journal About Your Stress

When you encounter issues and stress throughout the day, take a moment out of the day to write down what's happening and how you're dealing with it. This becomes a creative outlet as well as a measure of what causes the stress to begin with.

## Take Time for Self-Care

Self-care doesn't have to be all bubble baths and walks in the park! If you want to lower your stress levels rapidly, taking time out of your day to do self-care is a great way to find balance in the chaos. This can be something as simple and calming as strategically folding a load of laundry and meal-prepping for the week.

## Change Your Diet

Many issues with gut health stem from what you eat! Processed, sugar and fat-rich foods all wreak havoc on your system.

There are a few key things you want to cut out and a few you'll want to include to balance out your gut health again and change up your diet to build good bacteria!

### Reduce

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The first thing you want to do when you change up your diet is to reduce and cut down on the amount of processed, high-sugar, and high-fat foods in your life. White processed bread, sodas, and alcohol, along with red meat and other high-fat foods, are common foods you might find around your house that can be eliminated or reduced to help change up your diet!

### INCLUDE

Balancing out your gut health and good and bad bacteria within your gut means including a whole host of fiber-rich foods. You'll also want to be sure to include plenty of foods that include polyphenols, like veggies, fruits, coffee, and wine!

### Practice Slow Eating

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At some point in your life, you've probably heard someone tell you to slow down your eating and take a minute to breathe! We often eat too fast as little kids and can end up with a tummy ache.

As adults, while it's less about control, eating too fast can still become a problem. We're rushed through lunch breaks while in high school and college, eat at our desks, or snarf down as much as possible as quickly as we can to make sure we can get things done.

All of that rapid-fire eating can leave your gut health completely out of control. Your body doesn't have time to adjust and digest the amount and type of food you're consuming. To keep things moving quickly, there's a good chance you will start making some poor decisions when it comes to food choices!

Slowing down is key! But breaking the cycle takes some serious dedication.

### **GIVE YOURSELF PLENTY OF TIME**

Whether you're looking at breakfast or setting aside time for lunch during the work day, give yourself plenty of time to eat your meal slowly. Massive time constraints can push your body and mind to make poor decisions throughout the meal. Setting aside the appropriate amount of time lets you digest, eat slowly, and have time to move around before you head back to class or your desk!

### **TAKE SHORT BREAKS**

To make sure you're eating slowly, be conscious about your decision to stop, take a break, and set down your silverware. When you're eating dinner or breakfast, it can be tempting to just keep pushing food into your body without ever pausing. Setting down your silverware allows you to take a break and let your body settle. Your mind breaks with the cycle and lets you relax while you're eating.

### **EAT AWAY FROM YOUR DESK**

You might be tempted to save time by just eating at your desk, but you won't take the full time you need to digest and let your lunch settle. Eating in front of the TV can leave you in the same type of boat. Your brain and body need a break from those screens, and in a rush to get back to what you were doing before, you might eat too fast.

## Stay Hydrated

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Water has the power to heal a million things about your body, and one of the most common issues your body is experiencing is that you just aren't hydrated enough. When you don't get enough water, your gut health suffers.

Drinking plenty of water flushes out the bad bacteria in your system! But ensuring you get plenty is the key.

### KEEP A WATER JOURNAL

As you go throughout the day, write down and track all the water you drink in a day. After each bottle you finish, make sure to put down a checkmark or a box, so each is recorded. Set goals and increase your quota as you see your gut health start to balance itself out again.

### PICK A WATER BOTTLE YOU LIKE

Drinking your water from a boring glass or bottle isn't very fun for anyone. Before you start drinking more water, invest in a bottle or glass that you really like! The more you like it, the more likely you are to actually use it and drink water from it. There's nothing like spoiling yourself a little as you start on a new health and wellness journey.

## Invest In a Probiotic Supplement

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Your gut needs those good bacteria to balance out any of the bad, but it can be hard, especially if you're a pickier eater, to get everything you need from your diet alone. Probiotics are a great way to get additional bacteria into your system without resorting to eating only yogurt for the foreseeable future.

### PREBIOTICS

Bacteria within your gut need food and fuel to continue growing and healing your gut. Prebiotics are one of the best ways to get the fuel your gut needs!

## PROBIOTICS

These supplements are all about adding new strains of bacteria into your system. If you're stuck in the same loop and don't want to keep eating loads of yogurt, introducing some simple and high-quality probiotics can help with your gut health. The key is to find high-quality probiotics that contain enough strains of bacteria to make it worth your time and money. Not every type of probiotic is one you'll want to start taking! Some don't contain enough strains of bacteria or aren't certified to be used if you have diabetes or other chronic illnesses. My #1 favorite recommended probiotic is [Microbiome Labs's MegaSporbiotic](#). It's one of the few spore-based probiotics which are scientifically proven to better survive the stomach acid so more of it is reaching your intestines (where you actually need it).

## KEY THINGS TO REMEMBER

Gut health is something that affects every area of your life! Your emotions, health and wellness goals and the way that every type of food is processed are all governed by your gut health.

There are some essential things you can do to bring your gut from bubbly, upset, and hurting you at every turn to a smooth functioning part of your system! Stress can hurt your gut health and upset the balance between good and bad bacteria. Not getting enough water and eating too fast can have the same effects on your body.

Changing those habits and the way you eat and balance your gut health takes dedication and determination. But the results are worth it! Developing better gut health can change your mindset, heal your skin tone, and make it easier to focus on what's happening around you!

It's ok to get the help and support you need. [Click here](#) to book a free discovery session, and we can work on an action plan to help you heal your gut.