



# TOP 7 TIPS FOR A HEALTHY GUT

with Layla Auer

The importance of a healthy gut has been a hot topic in the international scientific community in recent decades.

Research focuses on the gut's microbiome (a community of microorganisms) and how this impacts you're your physical and mental health. (Link to my blog/video).

## HERE ARE MY TOP 7 TIPS FOR A HEALTHY GUT:

### **1** BE INFORMED

Sometimes a little learning goes a long way. Having some knowledge of why a healthy gut is important can reinforce the steps you are taking to take care of your gut. Watch Rob Knight, a pioneer in studying human microbes, explain in a TED talk:

[https://www.ted.com/talks/rob\\_knight\\_how\\_our\\_microbes\\_make\\_us\\_who\\_we\\_are#t-196639](https://www.ted.com/talks/rob_knight_how_our_microbes_make_us_who_we_are#t-196639)



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## **2 EXERCISE**

Regular exercise helps your colon to function properly, keeps your stool movement regular and helps manage Irritable Bowel symptoms. A fast walk for 20 minutes 3-4 times per week is a great start.

## **3 HEALTHY DIET**

Increase the amount of fresh, unprocessed healthy foods in your diet and in a manageable way, decrease the amount of processed foods you eat. Processed foods get broken down into sugar more easily.

## **4 CHEW YOUR FOOD**

The digestion process begins in your mouth. In Ayurveda, a school of medicine found in India around 7,000 years ago, slow and thorough chewing is considered essential to strong digestive health, helping to separate food's indigestible components from necessary nutrients. Slow down each meal and chew your food around 30 times before swallowing.

## **5 STRESS MANAGEMENT**

Reducing your stress levels has a direct impact on your gut health. Find what works for you and include yoga, meditation, journalling or a walk in the woods with no screen time into your life.

## **6 PROBIOTICS**

Probiotics increase the amount of good bacteria in your gut, bacteria which helps you to fight off harmful invaders in your body and stabilise your mood. Eat more fermented foods, such as kefir and sauerkraut, or take supplements. I particularly like the range from Microbz.

## **7 DRINK MORE WATER**

Drinking (where possible filtered) water has a whole host of health benefits, including improving gut health. How much you drink depends on factors such as weight, activity level, age and how much caffeine or alcohol you consume. There is no agreement on how much to drink, so anything between 4-10 glasses per day is a good place to start.