



Good Gut Health

The gut, also known as the gastrointestinal tract, serves a essential role in breaking down food and absorbing nutrients needed for maintaining optimal health. As a result, the health of our gut has a vital impact on our overall well-being. An imbalanced gut can lead to various issues, including chronic fatigue, weight gain, and skin problems. Additionally, researchers have discovered that the gut houses a nervous system often referred to as the "second brain," which communicates with the brain and influences both physical and mental health, as well as the risk for certain diseases. It is essential to protect and nurture the gut's microbiome. Fortunately, including specific gut-friendly foods in your diet and adopting healthy habits can aid in this. Take the first step today and remember not to overlook the importance of gut health and your inner wellbeing.

Probiotic vs. Prebiotic

What is the difference?

Probiotics are food products that contain live microorganisms that maintain or improve the "good" bacteria in the body.

Prebiotics are foods (typically high-fiber) that nourish microorganisms in the gut and help in the smooth movement of food in the digestive system.

Small Habits to Improve Gut Health

- Eat **less sugar** and sweeteners
- Manage **stress levels**
- Get enough **sleep**
- Fit in **daily movement**

DID YOU KNOW?

The microbiome is the collection of all microbes, including bacteria, fungi, and viruses, that naturally live in and on our bodies. A person's core microbiome is formed in the first years of life but can change due to one's diet, hygiene and environment. **Learn more in our upcoming webinar:**

***The Gut Microbiome
& Optimal Health*** | **August 23,
12pm PST**



Probiotic Foods

- Fermented dairy
- Kefir
- Sauerkraut
- Miso
- Tempeh
- Kimchi & pickles

Prebiotic Foods

- Bananas & apples
- Oats & barley
- Asparagus & leeks
- Chicory root
- Garlic & onions
- Jicama & seaweed