

Enhance your gut health

7 STEPS TO ENHANCE GUT HEALTH

STEP
1

EAT SLOWLY
AND MINDFULLY.

STEP
2

PRACTICE STRESS
MANAGEMENT
TECHNIQUES.

STEP
3

CONSIDER LOW STOMACH
ACID IF YOU SUFFER
FROM HEARTBURN.*

STEP
4

SUPPORT YOUR
PANCREAS BY
REGULATING
BLOOD SUGAR.

STEP
5

CONSIDER THE 21-DAY
HOLISTIC DETOX FOR
LIVER AND GUT HEALTH.

STEP
6

REGULARLY CONSUME
PROBIOTIC AND
PREBIOTIC RICH FOODS.

STEP
7

ELIMINATE SUGARS,
PROCESSED FOODS AND
FOOD ALLERGENS.

*Speak with your doctor before changing or reducing any medications, including acid blockers.

6 CHANGES TO YOUR DIET

CHANGE
1

CONSUME REAL FIBER

Fiber rich foods like fruits, vegetables, legumes and whole grains help balance blood sugar and feed your good bugs.

CHANGE
2

EAT YOUR BUGS

Regularly consume probiotic-rich foods such as kefir, kombucha, kimchi and sauerkraut. Start with small servings.

CHANGE
3

LOVE YOUR FATS

Omega 3 fatty acids help decrease inflammation in the gut. Eat wild-caught fish, chia seeds, flax seeds and walnuts regularly.

CHANGE
4

BITTER IS BETTER

Fresh squeezed lemon juice in warm water and Swedish bitters can help naturally reduce heartburn symptoms and aid in digestion.

CHANGE
5

DETERMINE FOOD ALLERGENS

Consider doing an elimination diet of the 6 common food allergens – gluten, dairy, corn, soy, eggs and peanuts – to see if any are compromising your gut health.

CHANGE
6

FIND THE BALANCE

Carbohydrates, proteins and fats are all necessary for optimal health. Find the right balance for your energy and health. Consult with a nutritionist for guidance.



THE HOLISTIC
HEALTH APPROACH

Stephanie Walsh MNT, CEPC, CPT

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Certified Eating Psychology Coach • Certified Personal Trainer

www.theholistichealthapproach.com

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5 SUPPLEMENTS FOR GUT HEALTH*

1

COCONUT KEFIR

Coconut kefir is an allergy-free way to get probiotics and prebiotics in a tasty drink.

2

DGL

Deglycyrrhizinated licorice (DGL) helps to soothe the GI lining and may reduce heartburn symptoms.

3

L-GLUTAMINE

L-glutamine may help reduce inflammation and repair your intestinal lining.

4

DIGESTIVE ENZYMES

Digestive enzymes will assist your body with the proper breakdown of foods. Look for a full-spectrum blend that contains at least amylase, lipase and protease.

5

ALOE VERA JUICE

Aloe vera juice is very soothing on the gastrointestinal tract and may help repair damage as well as reduce heartburn symptoms.

*Speak with your doctor before adding any new supplements to your current regimen.



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