

Optimize your long-term health through lifestyle and nutrition

7 STEPS TO ENHANCE GUT HEALTH

STEP
1

EAT SLOWLY AND MINDFULLY

Eating slowly not only helps with portion control, it also activates the “rest and digest” nervous system which enhances digestion, reduces stress and optimizes health.

STEP
2

SMELL THE ROSES

Slowing down, thinking positively, reducing your stress load and practicing stress management techniques will reduce inflammation in the body, improve gut and brain health and enhance your happiness.

STEP
3

ENJOY PURPOSEFUL MOVEMENT

Exercise reduces depression and anxiety, aids in digestion, decreases inflammation and helps control blood sugar.

STEP
4

KNOW YOUR ENVIRONMENT

Toxins may be hiding in your food, cooking supplies, storage containers, furniture, cosmetics and clothing. Understand where your toxins are hiding to reduce your toxin load and enhance your overall health.

STEP
5

READ LABELS

Understand what potential toxic ingredients – artificial ingredients, refined flours, sugars, pesticides, etc – are hiding in your favorite foods.

STEP
6

UNCOVER HIDDEN FOOD ALLERGIES

Avoiding hidden food allergies reduces systemic inflammation and improves gut and overall health. Gluten, dairy, corn, soy, eggs and peanuts are the 6 most common food allergens.

STEP
7

DETOXIFY YOUR BODY

Consider doing my 21-Day Holistic Detox at least once per year to optimize your liver, gut, brain and overall health.



THE HOLISTIC
HEALTH APPROACH

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Certified Eating Psychology Coach • Certified Personal Trainer

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6 NUTRITION TIPS TO OPTIMIZE YOUR HEALTH

TIP
1

LIVE REAL AND UNREFINED

Reduce and eliminate artificial ingredients, refined flours, sugars, processed foods, refined oil and trans fats to reduce toxins and stress on the body.

TIP
2

CONSUME REAL FIBER

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

TIP
3

EAT YOUR BUGS

Consuming probiotic-rich foods such as kefir, kombucha, kimchi and sauerkraut can help rebalance your microbiome. Start with small servings.

TIP
4

KNOW WHEN TO SPLURGE OR SAVE

When in the produce aisle, splurge on organic for the Dirty Dozen, but save money on the Clean Fifteen fruits and vegetables. (www.ewg.org)

TIP
5

LOOK AT THE WHOLE PICTURE

Choose whole foods – organic produce, free range and organic meats, nuts and seeds, whole unrefined grains, soaked or sprouted beans and legumes and cold-pressed or unrefined oils.

TIP
6

FIND THE BALANCE

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



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