



GUT LOVERS GUIDE

8 healthy habits to boost your gut health.

1.

DRINK CLEAN
FILTERED
WATER

H₂O keeps body hydrated & poop soft.

2.

BUMP UP
FIBRE

Fibre from vegetables feeds your good bacteria.

3.

CUT
SUGAR +
PROCESSED
CARBS

Kills good bacteria.



4.

EAT YOUR

PROBIOTIC
FOODS

Good bacteria & nutrients from fermented food makes your gut happy!



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5.

LIMIT CAFFEINE



Tea & coffee can dehydrate & irritate the gut.

6.

LOVE YOUR GUTS



Reduce stress with breathing to relax digestive system.

7.

GET EXERCISE



Exercise helps to stimulate & get your gut moving.

8.

SQUAT TO POOP!



Straightens your intestines to make it easier.