



8 Steps For a Healthier Gut



1. Do not eat when you are angry, stressed, or anxious as your digestive system shuts down and gets ready for fight or flight. If stress is that bad it can affect your appetite. Planning and preparation of your food is a key habit to get into, having your food ready and pre-planned stops you from making bad choices.

2. Remember your colon does not have teeth, so you need to use them when you eat! Chew 20 times at least with each mouthful of food!



3. When eating don't drink as it dilutes the digestive enzymes that break your food down – you can, however, drink wine (yippee) as it's pre-fermented so doesn't affect the enzymes that much.

4. Eating times – do not eat too late at night as this is when your digestive system is starting to think about bedtime. So, all that food you eat will take longer to digest and ferment – hence one of the reasons why shift work can play havoc on your digestive system.





COMPLETE
HEALTH CLINIC

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5. If you need to go to the loo for a No2, do it! How many times do we hold on to it because we are too busy? If you wait too long your bowel will lose the urge to go and your bowel is still full – so in the end it starts to dehydrate, and you may have difficulty in passing anything.



6. Around 33% of IBS sufferers have “malabsorption of fructose” this is the sugar in fruits, some vegetables, honey or high fructose corn syrup – so keep a food diary, as this will help you be aware of ‘trigger’ foods.

7. You may have parasites or a leaky gut – if you think you have then you should consider having a stool test.

8. Take a good multi-strain acid-resistant probiotic capsule every day after food. The good bacteria of which there are many can help in the reduction of bloatedness, gas and of course abdominal pain.

