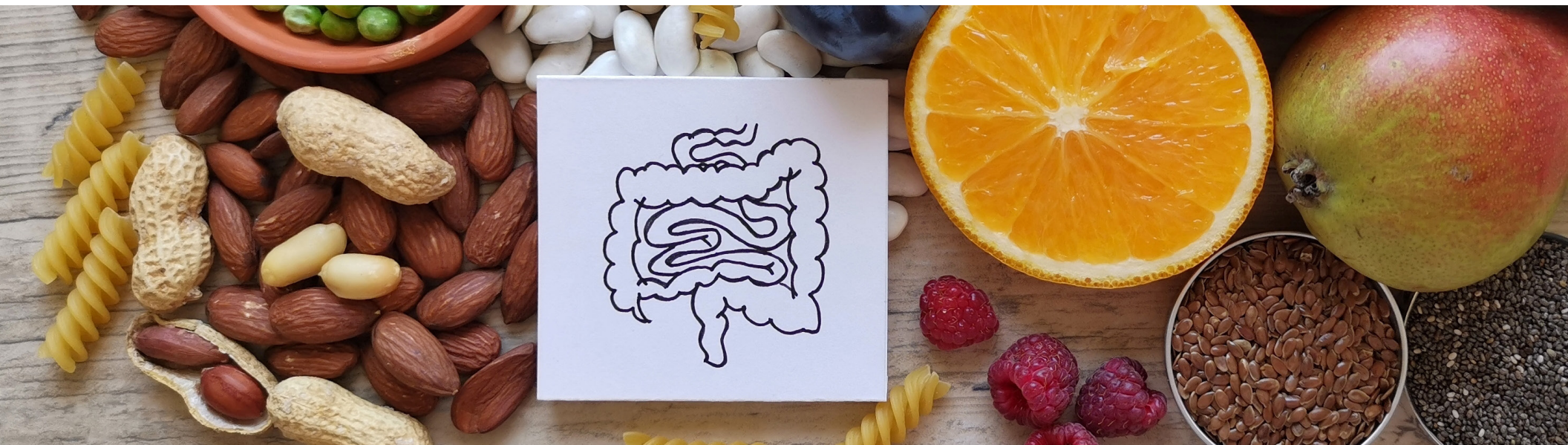




How To Improve Your Gut Health



What Is Gut Health?

Gut health involves maintaining the digestive system's balance and function, which breaks down food, absorbs nutrients, and eliminates waste. The intestines contain trillions of microorganisms that make up the gut microbiome.

Why Is Gut Health Important?

A balanced gut supports immunity, metabolism, and digestion. An imbalanced gut is linked to conditions like inflammatory bowel disease, irritable bowel syndrome, allergies, autoimmune diseases, and mental health disorders.

Ways To Improve Gut Health

- **Lower stress levels:** Meditate, do yoga, limit alcohol, and spend time with loved ones.
- **Get more sleep:** Aim for 7-8 hours of uninterrupted sleep per night.
- **Prebiotic and probiotic intake:** Use supplements to boost good gut bacteria.
- **Stay hydrated:** Drink more water to increase gut bacteria diversity.
- **Eat slowly:** Take your time eating to improve digestion.
- **Change your diet:** Avoid highly processed foods and refined sugars to prevent harmful bacteria growth.

By making mindful choices about your lifestyle and diet, you can improve your overall health — including your gut.

Sources: <https://www.ama-assn.org/delivering-care/public-health/what-doctors-wish-patients-knew-about-improving-gut-health> | <https://www.ama-assn.org/delivering-care/public-health/what-doctors-wish-patients-knew-about-improving-gut-health> | <https://www.healthline.com/health/gut-health#foods-for-gut-health>

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