

Good Gut Guide

Food



Eat to reduce inflammation

- Elimination • Paleo • Low FODMAP • Elemental
- Be mindful of when and how much you eat

Sleep



Make it a priority

- Give yourself an 8-hour sleep opportunity
- Adopt a bedtime routine
- Avoid screen time for 2 hours before bed

Movement



Enough, but not too much

- Avoid sedentary behaviour
- Find activity you enjoy, preferably outside, with a friend



Lifestyle

Improve your environment

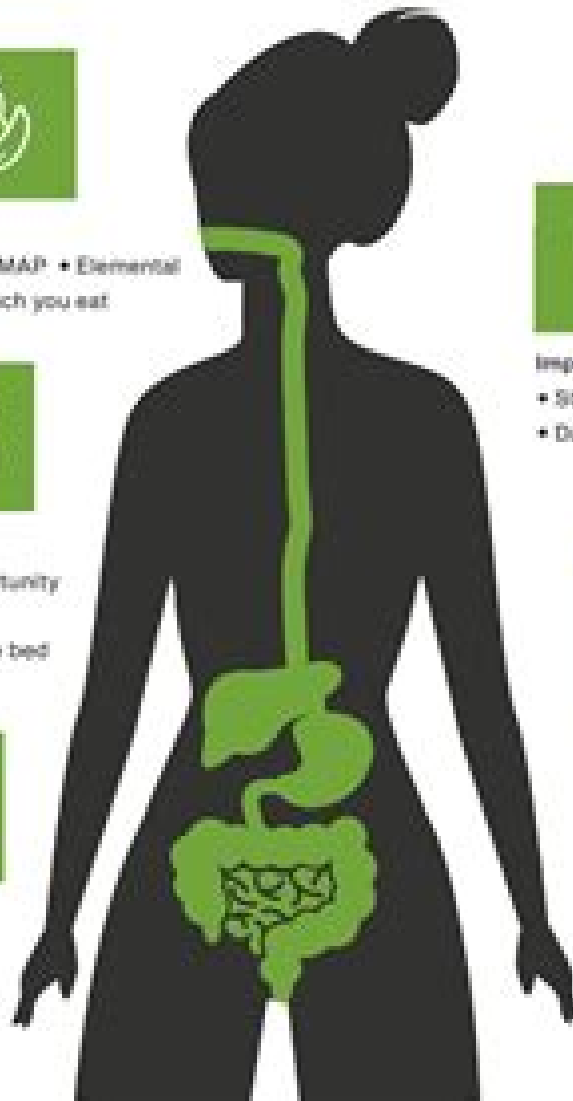
- Stress management • Reduce toxins
- Daylight exposure • Social connection



Additional tools

Maximise success with targeted therapeutics

- Probiotics • Antimicrobials
- Digestive enzymes • Prokinetics



Good Gut Guide

S Ben Porath



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