NUTRITION WEEKLY

— S E L F - C A R E   I N   A N   E M A I L —

Getting the healthy gut of your dreams isn't dependent on you taking expensive probiotic supplements every day. While taking probiotics is helpful, especially after a round of antibiotics, there's more you can do to improve the quality of your gut health.

And the following ideas won't cost you a dang thing! 🙌

Here are three FREE ways to improve your gut health:

1. Hang out in nature

Think of nature as a free probiotic! **Studies show** that spending time in nature can increase the quantity and types of probiotics in your gut. Hanging out in green spaces has also been shown to decrease the number of pathogens your gut bacteria have to contend with.

2. Go to bed 30 minutes earlier

Add gut health to the list of reasons to get 7 to 8 hours of sleep daily! Poor sleep has been shown to negatively alter gut bacteria, which affects your mood, skin, immunity and more. While you may not be able to control the quality of sleep you get, you can control the time you decide to go to bed. Hitting the sack even 30 minutes before you normally do will increase your chances of getting a more solid night's rest.

3. You'd get sick less often

This was drilled into my brain in nutrition school, and for good reason!

- Eating while standing can cause uncomfortable gas and bloating, and trigger your stomach (and bowels) to empty prematurely.
- Failing to chew your food well makes it harder for your gut to break it down and absorb the nutrients you need.

People who sit while they eat and take their time chewing get less heartburn, gas, and irritable bowel upsets and stay fuller for longer.

In short, happy digestion is the key to happy gut health and a healthy, happy you!

TASTY HEALTHY RECIPE OF THE WEEK

This smooth and creamy strawberry chia pudding is packed with gut-healthy prebiotics and probiotics. It's a healthy treat that can be enjoyed on its own or with your favourite summer berries!

SMOOTH PROBIOTIC STRAWBERRY CHIA PUDDING

HEALTHY QUOTE OF THE WEEK

"The gut is a garden, requiring care and nourishment to thrive."
- Giulia Enders

That's it for today, friend. I hope you have a wonderful week!

Until next time,

ash xo