

5 TIPS TO

Heal Your Gut & Balance Your Hormones

- ☐ **Sip aloe or celery juice** - regular elimination (meaning going POOP!) is important for clearing excess hormones & bad gut bacteria. Use these 2 juices to keep you regular!
- ☐ **Manage your stress** - did you know stress is the #1 cause of all digestive issues? Finding useful ways to reduce stress is the KEY to improving your gut. Try deep breathing, journaling, mindful movement, or hot baths.
- ☐ **Eat a variety of foods** - contrary to popular opinion, restricting your diet OR eating the same foods over and over can worsen gut & hormone symptoms. Diversity is the best way to build a healthy gut microbiome and ensure the body receives proper nourishment.
- ☐ **Drink Bone Broth** - a great way to heal intestinal permeability, nourish the gut lining, and reduce inflammation. Find at your local Whole Foods!
- ☐ **Eat Slowly** - are you eating in a rush or distracted? Try limiting distractions while you eat and focus on chewing your food and breathing in between bites. Try making your meal last for at least 20 minutes.