

..... 10 TIPS TO

reset your gut



10 SIMPLE STEPS TO RESET YOUR GUT

Do you ever wonder why you experience occasional constipation or have an acne breakout? Do you ever feel like you cannot lose weight no matter what you eat?

The health of your gut is related to these issues, as well as your happiness, moods, ability to naturally detoxify, sleep patterns, and more. In this guide, we will explore 10 simple steps that anyone can take to help reset your gut and begin to restore good gut health.

Let's get started!

1. START YOUR MORNING A LEMON WATER ELIXIR

Lemon water is a gentle stimulant that can help get your bowels moving. Taking a mug of room temperature or warm lemon water first thing in the morning has long been renowned to warm digestion and relieve constipation. Adding raw apple cider vinegar supports the acidity of the stomach acidity in the stomach which aids in digestion and protects against opportunistic microbial organisms.

Apple Cider Vinegar on its own is said to have myriad health benefits for the gut and beyond:

- Helps maintain a healthy weight
- Delivers prebiotics to support a healthy gut
- Supports a healthy immune system
- Helps maintain normal glucose levels

Source:

<https://www.bragg.com/collections/apple-cider-vinegar/products/organic-apple-cider-vinegar>

Here is a classic lemon water elixir recipe to try. If you find yourself feeling nauseous then reduce or omit the apple cider vinegar.

LEMON WATER ELIXIR

1 cup room-temperature water

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Juice from 1 lemon

1 tablespoon raw apple cider vinegar

1 teaspoon raw honey, maple syrup, or stevia to taste (optional)

Dash sea salt

2. SAY NO TO REFINED SUGARS

Refined sugar and processed food are bad for gut health and health generally. Unfortunately, eating sugar triggers a release of dopamine. Since dopamine is tied to brain activity that stimulates your reward response, eating sugar becomes addictive for most of us.

This action step may be the most challenging, but also the most beneficial. Aim to avoid drinking soda, sweetened drinks, baked goods and packaged foods. Instead, opt for a balanced, protein rich breakfast and meals packed with colorful, fresh, nutrient and fiber-rich seasonal vegetables; a dose of healthy fat from olive oil, coconut oil, avocado or fatty fish helps too! Nutrient dense meals that are balanced with protein, fat and fiber help keep cravings at bay. For naturally sweet treats, enjoy fresh or frozen berries, melons, and fruit in general.

3. CHEW.

As simple as it sounds and as simple as it is, chewing is one of the most effective things you can do to improve your digestion. Carbohydrate digestion begins in the mouth with chewing.

To get into the habit of chewing well, try counting the chews in each bite, aiming for 30 to 50 times. It helps if you put your fork down between bites.

- Chew each mouthful of food about 30 times each, until the food becomes liquid.
- Chewing breaks down food and makes it easier on the stomach and small intestine to digest so you can unlock the nutrients in the foods you consume.

4. BROTH

Broths are simple soups made by boiling vegetables and/or animal bones until the nutrients are extracted. Broths are usually strained and enjoyed clear. What makes broths helpful for digestion is that they are mineral rich, usually have healthy fats and are easy to digest. Bone broth is rich in collagen which is known to strengthen the intestinal lining.

5. SAY YES TO SMOOTHIES

In addition to clear broths, smoothies are easy on digestion. Smoothies are the best when it comes to quick nutrition! They can be made with convenience year-round by using seasonal fruits and vegetables (frozen fruits and veg are great too). Just take your favorite ingredients and blend them to enjoy a delicious and nutritional alternative to heavier meals. As your digestion strengthens, you should be able to add more fiber which will further support your digestion and help make bowel movements easy to pass.

SIMPLE SMOOTHIE RECIPE

1 ½ cups dairy free milk or water

1 Vegetable or Fruit (frozen berries, banana and greens are nice)

½ avocado or 1 teaspoon coconut oil

1 scoop plant-based protein or collagen peptides (if tolerated)

6. PREBIOTICS AND PROBIOTICS

No doubt, you have heard about probiotics, but what about prebiotics?

Prebiotics are simply forms of fiber that feed probiotics. The good news is that many naturally probiotic rich foods are also rich in prebiotics.

- Chicory root, raw garlic and the resistant starch in green plantains are among the best sources of prebiotics
- High-fiber foods to enjoy include Jerusalem artichokes, lentils, beans, peas, raspberries, and apples
- Sauerkraut is a naturally fermented food that helps balance gut bacteria.
- Broccoli has sulfur-rich metabolites that reduce gut inflammation.
- Miso is a fermented plant-based food that promotes gut health as it crowds out the unhealthy bacteria while enhancing the mineral absorption as well as improving the intestinal cell health.
- Potatoes, Yams and other tubers

You can also get prebiotics and probiotics in supplement form. Check out your local health food store for options. Klaire Labs TherBiotic and MegaFoods MegaFlora are 2 trusted options.

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7. GET HYDRATED! WATER IS YOUR GUT'S BEST FRIEND.

Your body is made up of 80% water. Your body needs to be hydrated with pure, plain, clean water. Your health in general relies on being properly hydrated, but your gut health and gut motility (the way your bowels move) hinges on being hydrated! Dehydration is the most common cause of constipation. Why? If you are dehydrated then your body will try to reabsorb water from your intestinal tract, which leads to firmer, dryer stools and/or less regular evacuation.

Avoiding beverages that contain artificial flavors, preservatives, and harmful ingredients can help prevent damage to the gut.

Most doctors recommend consuming half your body weight in ounces each day. So, if you weigh 120 pounds, then you would drink 60 ounces of water each day. Generally, unless you are very active and sweating excessively, you would not want to drink more than 84 ounces of water daily.

8. SQUASH STRESS

Stress has a negative impact on gut health. When stressed, our body releases peptides that cause the inflammation and increase gut permeability. Stress and anxiety can also impact gut motility and cause either very loose stools or constipation.

Here are a few tips to avoid stress:

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- Go for a walk whenever you feel stressed to release the pressure, breathe in the fresh air, and feel lighter.
- Music therapy is great for stress relief; listen to your favorite soothing music and keep negative thoughts at bay.
- Smile more and laugh out loud; these little things will help you feel happy and stay away from stress.
- Use heat therapy to relieve stress. Heating pads or wraps, when applied to neck and shoulder, helps a great deal to relax the muscles and relieve the stress.
- Treat yourself to a spa day and massage away the stress bubbles.
- Be grateful for all the good things in your life, and promote positive feelings. This will make you feel good about yourself.

9. SLEEP

Our bodies need enough sleep to perform their best and fend off illnesses. The gut is particularly affected when you don't get enough rest. Your microbiome is affected by [circadian rhythms](#), which also regulate sleep. The aim should be to get six-eight hours of good sleep every night. This helps the body to restore and rejuvenate while supporting the gut. When we sleep, our hunger and satiety hormones get reset. The body also has a chance to focus on filtering out metabolic waste so it can be excreted.

What's interesting is that the majority of the body's serotonin, a neurotransmitter that affects mood and sleep, is produced in the gut (some is also produced in

the brain). So gut damage can impair your ability to sleep well. Addressing gut health can impact how you sleep. Difficulty sleeping can tell you about your gut health. It's a dynamic relationship!

To get better sleep, try these things:

- Shut off electronics at least one hour before bed
- During the day, get fresh air, some sun and move your body. This helps balance your circadian rhythm.
- A dark and slightly cool bedroom can help sleep come.
- Ditch your pajamas --- sleeping nude allows your body temperature to naturally regulate and can help encourage deep, restful sleep.

10. EXERCISE

The last but not the least way to support and reset your gut health is to exercise. In one study, participants who walked daily for 30-60 minutes experienced positive changes in their microbiome. When they returned to a sedentary lifestyle, the positive changes reverted. What this means is that regular, daily activity can positively impact gut health. In particular, the study showed that there was an increase in gut microbes that assist in the production of short-chain fatty acids. These fatty acids reduce the risk of inflammatory diseases as well as type 2 diabetes, obesity, and heart disease. Better gut health = better overall health!

COMMIT

Make a commitment to yourself to incorporate these steps into your healthy routine. In doing so, you can support your gut health and literally change your microbiome into one that is healthy and flourishing with good bacteria!

Your Gut Reset Cheat Sheet

- Start your morning with lemon water elixir
- Say no to refined sugar
- Chew
- Broth
- Say yes to smoothies
- Prebiotics and probiotics
- Get hydrated
- Squash stress
- Sleep
- Exercise

Getting gut health in check can be challenging. I hope this guide is helpful, but I know that if you're reading this, you likely struggle with your gut health. If you find that the tips in this guide aren't enough to get your gut back in balance, please reach out to me. Supporting your health journey and helping you is

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something I would be honored to do. [Click here](#) to book a Health Discovery Call with me.

Your Health Coach,

Rachael Alexander

Founder of Sip Of Nature



Rachael is an International Health & Spiritual Life Coach. She's helped hundreds of women empower their health, lives, and creativity to create amazing energy, massive clarity & self care, and beautiful lives and businesses.

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