

KEY ACTION STEPS TO SUPPORT GUT HEALTH



Nourish with Food

- Eat a diverse, fiber-rich diet: Include colorful fruits, vegetables, nuts, seeds, and whole grains.
- Add fermented foods daily: Yogurt, kimchi, sauerkraut, miso, kefir.
- Stay hydrated to support your gut lining.



Reduce Stress

- Incorporate movement, deep breathing, or mindfulness daily.
- Prioritize relaxing activities to support your gut-brain connection.



Prioritize Sleep

- Aim for 7–9 hours of quality sleep per night.
- Create a wind-down routine to help regulate gut-friendly circadian rhythms.



Use Strategic Supplements

- Consider probiotics (add good bacteria) and prebiotics (feed good bacteria).
- Alovéa Immun® for gut lining support and immune regulation.
- Cell Defender (Zeolite) to remove toxins and support gut barrier integrity.



Support with Chiropractic Care

- Regular adjustments help regulate the nervous system, reduce inflammation, and improve digestion.



Try Contrast Therapy

- Infrared sauna for detox, immune boost, and reduced inflammation.
- Cold plunge for resilience, pain relief, and mood.



Next Steps

- Start simple: Add one new gut-friendly habit this week.
- Track your symptoms, energy, and mood to see progress.
- Book a visit for personalized guidance from our team (nutrition, chiropractic, lifestyle).

Thank you for joining us!! Please reach out with any questions, we would love to be a resource along your journey!

♥ Dr. Amanda & Dr. Topher