

## **Gut Health 101 — The Complete Beginner's Guide**

### **What Is Gut Health?**

Gut health refers to the balance and proper functioning of the gastrointestinal system.

A healthy gut contains a diverse microbiome that supports digestion, immunity, and mental well-being.

### **Signs Your Gut May Be Imbalanced**

- Bloating and gas
- Irregular bowel movements
- Food intolerances
- Skin issues such as acne or eczema
- Chronic fatigue or brain fog

### **Foods That Support Gut Health**

- High-fiber foods such as oats, beans, and leafy greens
- Fermented foods like yogurt, kefir, and kimchi
- Prebiotic foods such as bananas, garlic, and asparagus
- Probiotic supplements (optional)

### **Foods That Harm Gut Health**

- Ultra-processed foods
- Excess sugar
- Artificial sweeteners
- Excess alcohol

### **Daily Habits for Better Gut Health**

- Drink 6–8 glasses of water daily
- Engage in regular physical activity
- Manage stress through mindfulness or breathing exercises
- Get 7–9 hours of sleep

### **When to Seek Professional Help**

Persistent digestive issues should be reviewed by a healthcare provider.

Symptoms lasting more than 2 weeks may require medical evaluation.