

How can I improve my gut health?

5 simple ways to improve digestion

Gurgle, gurgle, burp, and a trip to the bathroom. If that's your normal pattern throughout the day, your stomach is trying to send you a message.

Translation:

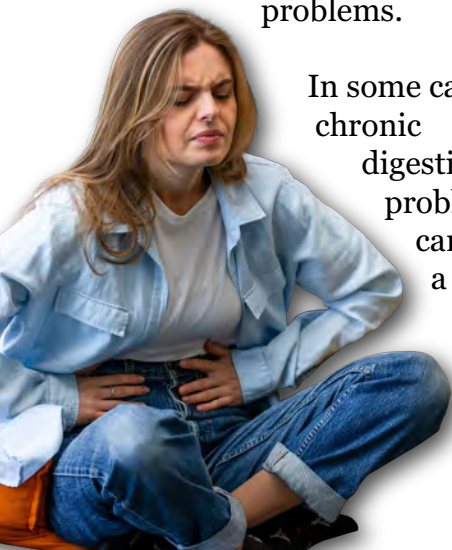
"Something's not right. I'm having a hard time digesting the food you just ate."



About 70 million people suffer from digestive problems in the U.S.¹

And these problems show up in the form of: Stomach aches, constipation, diarrhea, heartburn, and other problems.

In some cases, chronic digestive problems can be a sign



Ever feel like stomach aches, constipation, diarrhea or heartburn have become a regular part of your life? Chronic digestive problems can be a sign of serious health problems. However, food and lifestyle habits play a major role in gut health.



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of serious health problems, and you should see a doctor.

But for a lot of people, digestive discomfort is a result of poor food choices and lifestyle habits.

Ever had one of those I-shouldn't-have-eaten-that moments?

If it's bad enough, you might steer clear of that food for a while. But if you really want better digestive health, give your gut some love.

Here are five ways to improve digestion.



Fiber feeds the good bacteria living in your gut, and most people fall short of the recommendation:²

- **Women:** 25+ grams of fiber per day
- **Men:** 38+ grams of fiber per day

► GUT

✔ Load up on a wide variety of fruits, vegetables, whole grains, legumes, nuts, and seeds.



Water helps move food through your system and keeps things running smoothly.

✔ Aim for at least 64 ounces a day, and more if you're active or it's hot out.



Skimping on sleep can throw off the balance of bacteria in your gut, and an unhappy gut can make it harder to sleep well in return.³

✔ Aim for seven to nine hours a night to keep this cycle working in your favor.



Healthy food choices and lifestyle habits can support gut health.



There's a close link between your gut and your brain. When you're stressed out, your stomach can be, too.⁴

✔ Find healthy ways to handle stress like taking a walk, meditation, or deep breathing.



Red meat, alcohol, and heavily

processed foods have all been linked to poor gut health.⁵

Antibiotics and frequent use of some over-the-counter medicines can also affect the gut microbiome.

Use medications as directed and talk with your doctor if you have concerns.⁶

Want to improve your gut health? Make small changes to your diet and lifestyle habits. And you can start today.

References

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