

Keeping Your Gut in Check

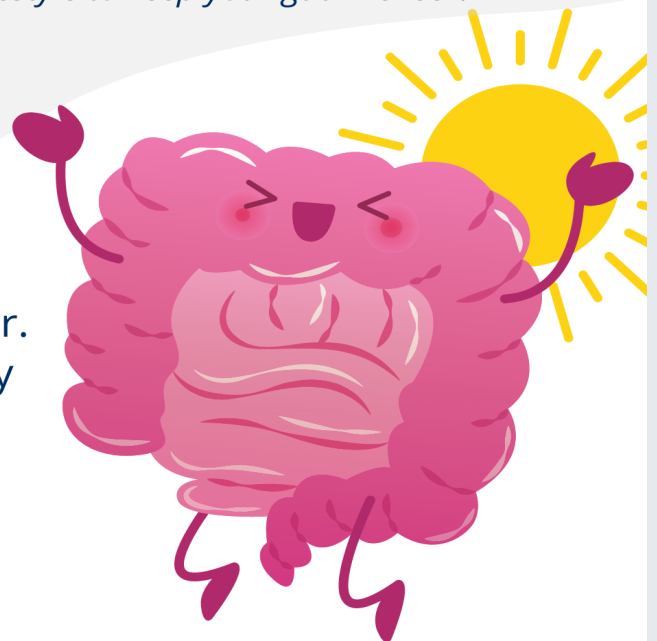
It Takes Some Real Guts...

Your gastrointestinal system, or “gut,” health has a far-reaching impact on your overall physical health, immunity, risk for chronic conditions, mental health and more. The gut has a **direct link** to the brain through a series of nerves and neurons that aid in your overall health. What you eat can **help or hurt** your digestive system and influence how you feel. Other factors such as stress, family history and daily habits all contribute to your overall gut health. About **60 to 70 million** Americans are affected by digestive diseases, like gastroesophageal reflux disease (GERD) or irritable bowel syndrome (IBS)... but following a few simple daily tips can help **keep your gut in check**.

IMPROVE YOUR GUT HEALTH

Maintaining a healthy gut contributes to better overall health and immune function. Implement these simple tips into your daily lifestyle to keep your gut in check.

- Incorporate high-fiber foods in your diet such as whole grains, fruits, vegetables and legumes.
- Eat more fermented foods such as yogurt and sauerkraut.
- Limit processed foods and sugar.
- Stay hydrated by drinking plenty of water.
- Get enough good-quality sleep.
- Exercise daily.
- Manage stress.



SOURCES: National Institutes of Health, Cleveland Clinic, John Hopkins Medicine