



# HEALTHY GUT HABITS



## DRINK CLEAN FILTERED WATER

*H<sub>2</sub>O keeps body  
hydrated and poop soft.*



## BUMP UP FIBRE

*Fibre from vegies feeds  
your good bacteria.*



## CUT SUGAR + PROCESSED CARBS

*That kill your good  
bacteria.*



## PROBIOTIC FOODS

*Good bacteria and  
nutrients from fermented  
foods.*



## LIMIT CAFFEINE

*Can dehydrate  
and irritate the gut.*



## LOVE YOUR GUTS

*Reduce stress  
with breathing to relax  
digestive system.*



## GET EXERCISE

*Helps to stimulate  
and get your gut  
moving.*



## SQUAT TO POOP

*Straightens your  
intestines to make it  
easier.*