



A Natural Approach to Digestive Health



Natural ways to improve digestive health

Did you know that simple changes to your lifestyle and diet may help improve some digestive issues? This tip sheet will cover examples of natural strategies that have been shown to work in some cases.

Please Note: A doctor should be consulted if you suspect digestive issues before making changes to lifestyle or diet.



Diet Changes

- Eat “real” foods and limit processed foods
- Eat plenty of fiber (30-38 grams for most adult males and 21-25 grams for most adult females)
- Be sure to include healthy fats in your diet, such as:
 - Flaxseeds
 - Chia seeds
 - Fatty fish (sardines, salmon, mackerel)
- Stay hydrated by drinking plenty of water
- Consider speaking with your doctor to learn if increasing your intake of gut-healthy nutrients may benefit you. These nutrients include: probiotics, glutamine, and zinc.



Lifestyle changes

- Manage stress with techniques like:
 - Meditating
 - Yoga
 - Focused breathing
- Chew your food
- Consider adding movement, or more movement, to your day
- Ditch bad habits, such as smoking and eating late at night