

GUT HEALTH
Check List

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Hi there!

Your Gut is the Foundation of Your Health!

Did you know that your gut impacts everything—from digestion and energy levels to skin health, mood, and metabolism? When your gut is out of balance, it can lead to bloating, brain fog, cravings, and even stubborn weight gain.

This Gut Health Checklist is your go-to guide for daily habits that support a happy, thriving microbiome—so you can feel energized, clear-headed, and vibrant from the inside out!

Start checking off these simple yet powerful steps and watch your gut (and overall health) transform!

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Gut Health Checklist

YOUR DAILY GUIDE TO A HAPPY, BALANCED GUT

1 Nourish Your Microbiome

- ☐ Eat a variety of colorful, fiber-rich veggies
- ☐ Include fermented foods (sauerkraut, kimchi, kefir)
- ☐ Incorporate prebiotic foods (onions, garlic, asparagus, bananas)
- ☐ Prioritize high-quality protein & healthy fats

2 Hydrate & Detox

- ☐ Start your day with a big glass of water + electrolytes
- ☐ Drink at least 80 oz of filtered water daily
- ☐ Sip on bone broth for gut-healing nutrients
- ☐ Support detox pathways with lemon water, dandelion tea, or dry brushing

3 Support Digestion

- ☐ Chew food thoroughly & eat in a relaxed state
- ☐ Avoid excessive snacking to allow for digestion
- ☐ Take digestive enzymes or apple cider vinegar before meals if needed
- ☐ Manage stress—your gut and brain are connected!

4 Balance Your Blood Sugar

- ☐ Start your day with protein + healthy fats
- ☐ Avoid processed sugars & refined carbs
- ☐ Focus on whole, nutrient-dense foods
- ☐ Space out meals to prevent insulin spikes

5 Prioritize Gut-Healing Habits

- ☐ Reduce inflammatory foods (gluten, processed dairy, refined sugar)
- ☐ Take quality probiotics & gut-healing supplements (Megaspore, L-glutamine, GI Revive)
- ☐ Optimize sleep—your gut heals overnight!
- ☐ Move daily—gentle exercise supports digestion & detoxification.

READY FOR

Even More?

TRANSFORM YOUR HEALTH WITH MY ULTIMATE GUT RESET PROGRAM!

This online program teaches you exactly how to address the root causes to your health concerns by:

- Optimizing your digestive function & nutrient absorption. *"Bye bye" bloating!*
- Enjoying a whole foods diet that's bursting with flavor and nutrients.
- Rebalancing your gut microbiome.
- Incorporating daily strategies & habits that support long-term ***health & vitality from the inside out.***

CLICK HERE TO LEARN MORE

