

# The Beginner's Guide to a Healthier Gut

Your essential starter guide to gut health

---

NourisHer\_HealthCoach

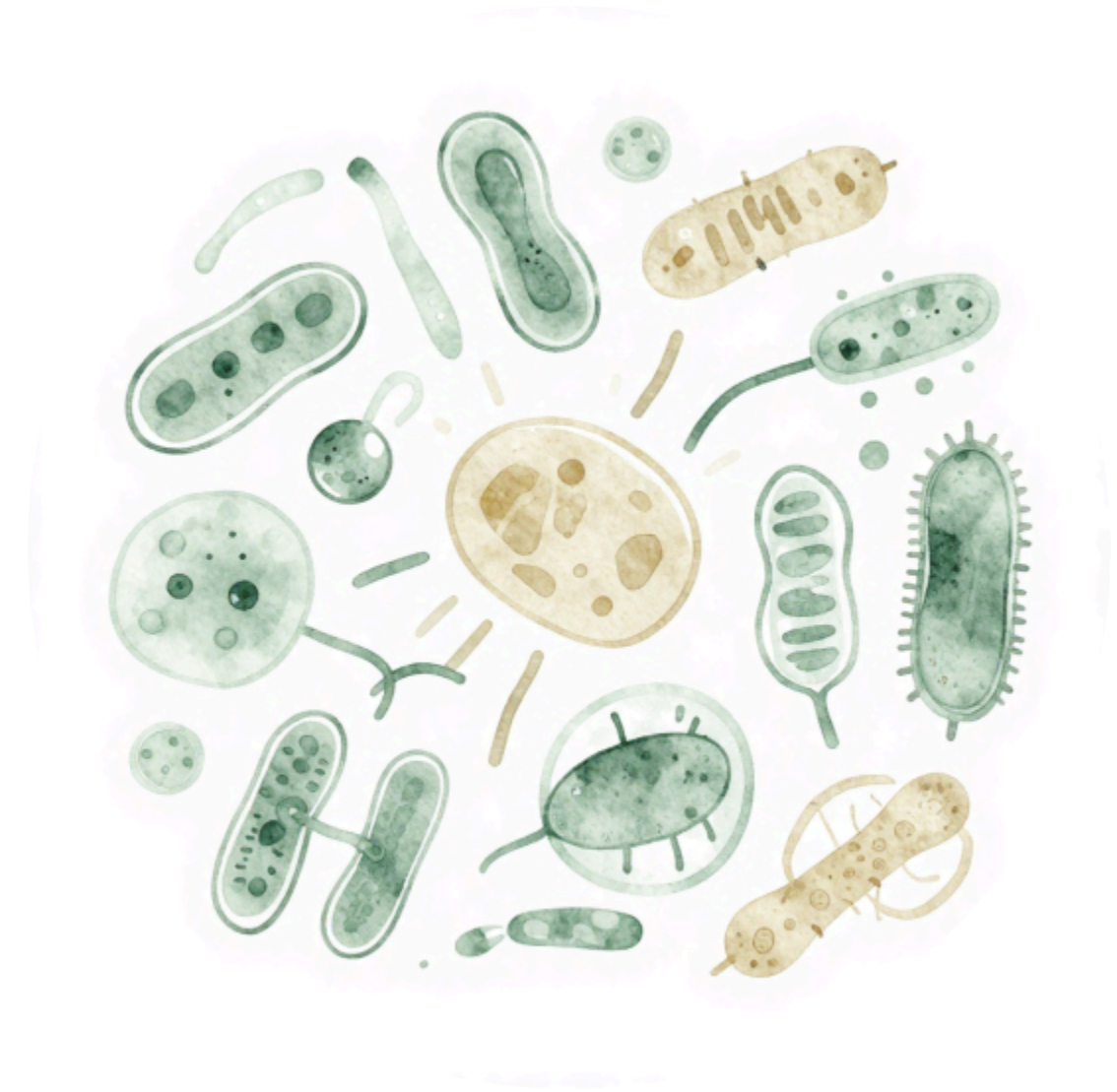


# What Is the Microbiota?

The gut microbiota is the community of trillions of microorganisms living in your digestive tract. These bacteria, fungi, and viruses play a crucial role in:

- Digesting food and absorbing nutrients
- Supporting your immune system
- Producing essential vitamins (B12, K)
- Regulating mood via the gut-brain axis
- Protecting against harmful pathogens

A balanced microbiota is the foundation of overall wellbeing.



# 7 Habits for a Healthier Gut

1. Eat a diverse range of whole foods
2. Include fermented foods daily
3. Prioritise fibre-rich vegetables
4. Stay well hydrated throughout the day
5. Manage stress with mindful practices
6. Sleep 7-9 hours consistently
7. Move your body every single day



# Gut-Friendly Foods

## Fermented

- Natural yoghurt
- Kefir
- Sauerkraut
- Kimchi
- Miso

## Fibre-Rich

- Oats
- Lentils
- Broccoli
- Artichokes
- Flaxseeds



# Foods to Limit

## Ultra-processed foods

Disrupt microbial diversity

## Refined sugars

Feed harmful bacteria

## Artificial sweeteners

May alter gut flora balance

## Excess alcohol

Damages the intestinal lining

## Red and processed meat

Linked to gut inflammation



# Start Today

Add one fermented food to your meals

Drink at least 2 litres of water

Eat 5+ portions of vegetables

Take a 20-minute walk

Reduce sugar intake by one serving

Practice 5 minutes of deep breathing



Ready to go deeper? Discover the NourisHer Method™.