

# Heal Your Gut Checklist

## FOOD MATTERS®

### HEAL YOUR GUT CHECKLIST

# 16 Quick & Easy Things To Do To Heal Your Gut & Keep It Happy

Print this out, and keep this somewhere that you can be reminded of gut-healthy habits to continue to incorporate into your life. Check things off as you start to make them a habit.

#### 1. Cut Down On Eating Foods That Don't Serve You

*Refined sugars, wheat & gluten, alcohol & caffeine, and conventional meats, dairy and eggs*

#### 2. Embrace Fermented & Probiotic Foods

*Fermented veggies, coconut kefir, organic yogurt, miso, kimchi and pickles (lacto-fermented)*

#### 3. Go Loco for Coco!

*Coconut oil, coconut kefir, raw coconut meat*

#### 4. Add More Fiber-Rich Vegetables to Your Diet

*Especially dark leafy vegetables (spinach, collard, swiss chard, kale), lentils and beetroot*

#### 5. Eat More Cruciferous Vegetables

*Broccoli, cauliflower, Brussels sprouts and cabbage (preferably cooked).*

#### 6. Add Cultured Dairy (if you're not allergic to dairy)

*Kefir, organic cheeses and grass-fed organic butter.*

#### 7. Become a Bone Broth Lover (only if you consume animal products)

*Make sure to source from organic and grass-fed humanely treated animals.*

#### 8. Take Probiotics and/or Digestive Enzymes

*Select a supplement brand that you trust and love*

#### 9. Drink Daily Super Greens

*Add a superfood greens drink into your daily drinking habit.*

#### 10. Take a Few Herbs and Supplements if You Need Them

*Vitamin B; B1, B3, B6, B12, Magnesium, Slippery Elm Powder, Psyllium Husk and Zinc.*

#### 11. Commit To Daily Movement & Exercise

*Just 10 minutes of movement is all you need to help your body heal and rejuvenate.*

#### 12. Chew your Food

*Take smaller bites and chew your food slowly and consciously.*

#### 13. De-stress

*Take 10 minutes out of every day to just zen out, whether its meditation, yoga or gardening.*

#### 14. Drink More Water

*Keep those fluids up! You should be drinking roughly 2 litre of water a day.*

#### 15. Keep an Eye on Things

*Although it may not be pretty, keep an eye on what your poop is telling you.*

#### 16. Cut Back on Alcohol & Caffeine

*If you haven't ticked it off yet from step 1, now is the time to reduce your coffee and vinos!*