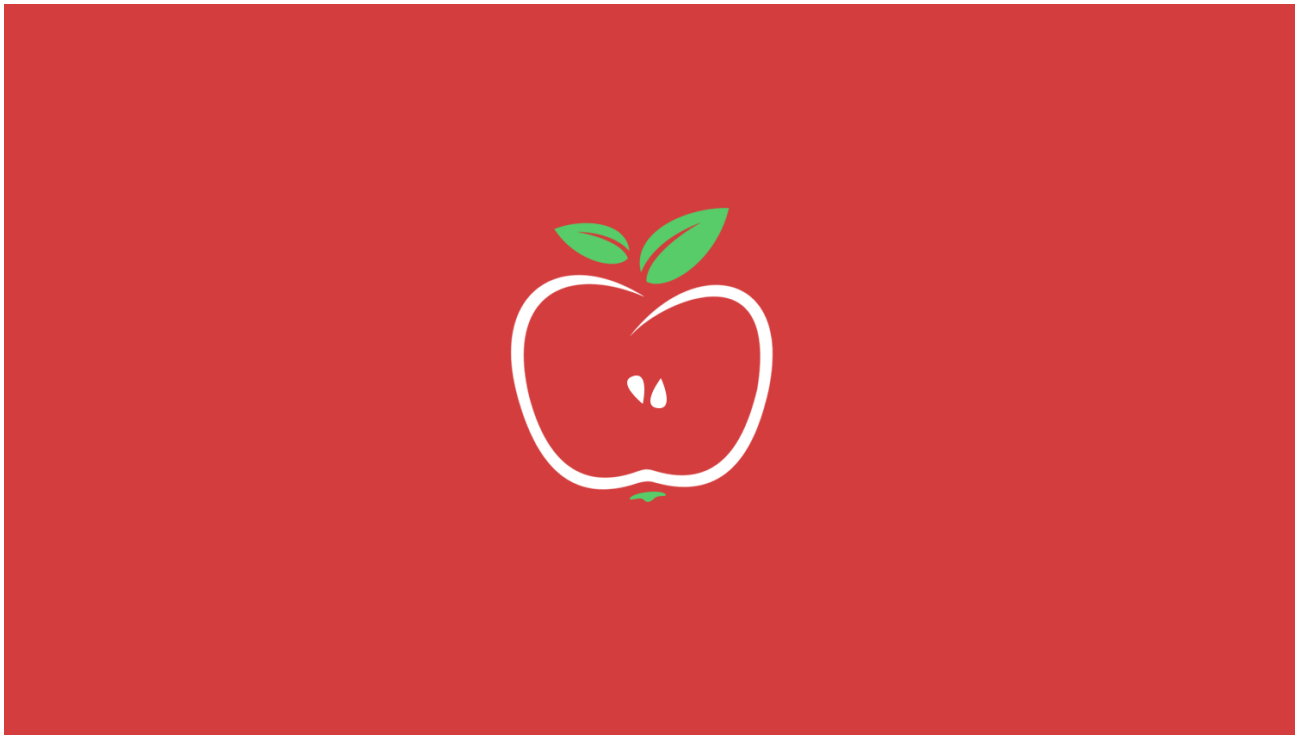
14 Ways to Begin Healing Your Gut

14 Ways to Begin Healing Your Gut. IBS. IBD. SIBO. Leaky Gut. Learn how to start making health changes for gut.



- [ ] Eliminate food intolerances and allergies.
- [ ] Repair with zinc, glutamine, quercetin.
- [ ] Take a daily probiotic.
- [ ] Eat foods that contain friendly bacteria,
- [ ] Supplement with digestive enzymes.
- [ ] Drink homemade broth.
- [ ] Eliminate toxic substances (think outside of the food-box, too).
- [ ] Remove stress
- [ ] Say no to sugar and refined carbohydrates.
- [ ] Ban anything artificial.
- [ ] Become an unprocessed machine.
- [ ] Drink a ton of water.
- [ ] Completely remove or begin to ween off: antibiotics, medications, and drugs of all kinds.
- [ ] Add in more omega-3 fats.

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