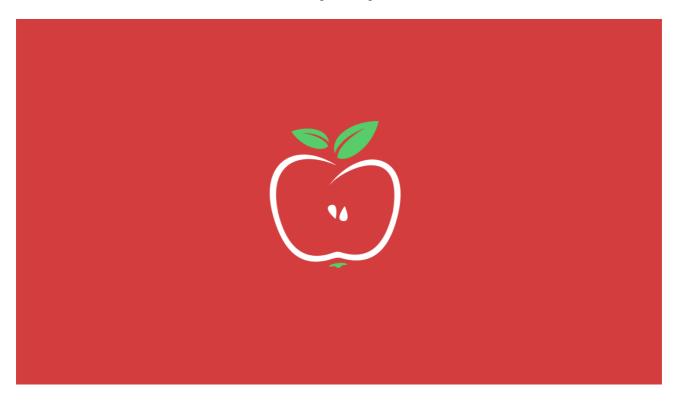
14 Ways to Begin Healing Your Gut

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.