

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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