



THE
WELLNESS
ROOM

A CHECKLIST FOR BETTER GUT HEALTH

WELLNESS FROM THE INSIDE OUT

Nourish your gut for optimal health benefits.

Explore the secrets to a healthier gut today.





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This checklist provides simple yet effective tips to help improve Gut Health. Use this checklist as a guide to making positive changes for a healthier gut.

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HYDRATE PROPERLY: Drink at least 8 glasses of water daily to support digestion and prevent constipation. Try to avoid excessive consumption of sugary or caffeinated beverages.

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EAT MORE FIBRE: Include fibre rich foods in your diet, such as fruits, vegetables, whole grains, and legumes. Fibre helps to regulate bowel movements and promotes overall gut health.

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LIMIT PROCESSED FOODS: Reduce intake of processed foods, as they can irritate the digestive system and worsen gut issues. Opt for whole, unprocessed foods whenever possible.

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MANAGE STRESS: Practice stress-reducing techniques like deep breathing, meditation, or yoga. Chronic stress can negatively impact gut health, so prioritising relaxation is essential.

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GET ADEQUATE SLEEP: Aim for 7-9 hours of quality sleep each night. Poor sleep habits can disrupt gut microbiota balance and contribute to digestive problems.





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This checklist covers various aspects such as diet, lifestyle, and mindset to help you optimise your digestive well-being.

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EXERCISE REGULARLY: Engage in regular physical activity to promote healthy digestion and relieve constipation. Even a brisk walk or gently yoga session can make a difference.

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MINDFUL EATING: Practice mindful eating by chewing food slowly and savouring each bite. This aids in proper digestion and helps prevent overeating.

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LIMIT ALCOHOL AND CAFFEINE: Limit alcohol and caffeine consumption, as they can irritate the gut lining and exacerbate digestive issues.

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STAY REGULAR WITH MEALS: Maintain regular meal times and avoid skipping meals. Consistency in eating habits helps regulate digestion and promote gut health.

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SEEK PROFESSIONAL GUIDANCE: Consider booking an appointment with our Gut Health Practitioners. We can provide personalised advice to address your specific needs and concerns.

