**Gut Health**

Gut Health – referring to the quality of balance between helpful and harmful bacteria in the gut

Gut health has been found to be attached to mood, energy, digestion, bathroom goings, and more.

Signs of poor gut health:

* Upset stomach/stomach disturbances like
	+ gas, bloating, constipation, diarrhea, and heartburn can all be signs of an unhealthy gut
* A high-sugar diet/energy surges and crashes
* Unintentional weight changes
* Sleep disturbances or constant fatigue
* Skin irritation/acne/eczema
* Autoimmune conditions/hormone conditions
* Food intolerances

How to improve gut health:

* Drink lots of water
* Eat low sugar foods
* LOTS of fresh, leafy greens
* Fresh fruits and veggies
* Probiotics (pills/powders/Kombucha/yogurt/Yakult)
* Prebiotics
* Herbal teas

My go to here, because I know I can’t possibly eat enough or high enough quality veggies and greens is that while prioritizing my diet, IN ADDITION (not as a replacement), I use Optigreens50 as part of my essential daily stack: <https://1stphorm.com/products/the-essential-stack/?a_aid=Ami>

This gets you the Micro Factor for vitamins and minerals, the Optigreens50 for gut health and digestion, and Full Mega to help with inflammation, cognitive function, mood, and more.

Please let me know what questions you have! I hope this helps!

Love you! #acadamifitness

* Coach Ami

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