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9 steps to a healthy gut lifestyle

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have we met before?

Well, today is a good time for me to introduce myself!

I am a Nutrition & Wellness Coach, who specialises in nutrition & Wellness for Professional Women who suffer from digestive disorders and IBS.

In the simplest terms, I help women eat right to decrease their chances of unhealthy gut issues.

I studied under world-renowned thinkers and game-changers in the holistic world such as Joel Ferman MD, John Douillard DC, Lynn Goldstein MS, and Bernie Seigal MD. Integrative Nutrition's comprehensive curriculum takes a holistic approach to wellness and encourages scholars to consider relationships, study, and practice as essential to building good health.

Let's dive in to the 9 steps to a healthy gut lifestyle!

1

Drink the most nourishing choices of liquids

When it comes to nourishing our bodies with the proper hydration, it is vital to choose liquids that serve our body well. I regularly make sure that I drink at least 8-8oz glasses of water (good old h2o) daily.

In addition to drinking my water first, I then add organic smoothies and raw juices to my daily routine. I typically juice more veggies than fruit – juicing is an excellent way to sneak those hard-to-taste vegetables into your diet. A typical smoothie for me consists of ½ banana, 1 handful of rich greens like baby spinach or kale, 1 tsp Chia seeds, ½ cup berries, and 1 cup of pure water or other liquid like almond or coconut milk (non-dairy milk).

I also love – love – love drinking infused water as well. When drinking infused water, you simply add fruit to pure water and have it ferment in the fridge for a couple of hours until the nutrients penetrate the liquid and are ready for use.

2

Relax & dream

Relaxing and allowing the body to sleep and refuel is so important. Imagine driving your vehicle around non-stop for a week – at some point, the engine will let you know it has had enough.

The same goes for our bodies, they are our vehicles. Our bodies need sleep of at least 8+hrs, and our body needs time to relax and just let go of all that is confining our mind.

I say “relax and dream” because even if we are getting the right amount of nighttime shut-eye – we also need to take the time to truly let the energies within our body calm and find center throughout the day as well.

Think about what relaxes your body and how you can include those relaxation techniques in your daily routine?

3

Dance like nobody's watching

This step sounds pretty simple, doesn't it? But, when was the last time you let your body freely flow in the form of thoughtless movement and pure joy?

Too often, we create a workout routine that involves timed movement and scheduled routines. Having a workout routine is absolutely excellent for your health and for your mood because you are moving those needed endorphins to boost your mood.

But- I really want you to freely move, freely dance, as if nobody else is around. Not only will you be releasing the tension, but you will be having a good time! I love to dance around when I'm by myself because it releases tension, it isn't timed, and I get to jam out to awesome music that by the end of my jam-out session leaves me feeling fabulous and stress-free.

4

Indulge in key foundational supplements

Our body runs on required vitamins and nutrients. Our digestive system runs on required “good bacteria” to function properly. I always take a good multivitamin, 1000mg of Vitamin D especially during the months when the sun is barely showing face, omega 3’s, and, of course, a multi-strand 5 billion CFU probiotics.

You want quality over quantity with everything in life, including supplements.

5

Nourish your body with nutrients

It’s time we ask ourselves every time we eat if what we are about to consume will nourish our body or not.

To choose foods that nourish our body and are designed to support it, we simply need to choose foods in their most natural form. I choose foods that are mostly raw, not packaged, not fried, not “fast” served, and foods that if labeled – are completely and totally understandable when it comes to the ingredients.

I choose to stay on the outer aisles when I shop for groceries because most of the products down the aisles contain harsh preservatives. I prefer mostly organic foods for both my veggies, fruits, and my meat. I prefer food items that are free from pesticides, herbicides, hormones, and antibiotics. I prefer meat that is free-range from farms where the animals were cared for and loved. As the old saying goes “Eat your fruits and veggies”. It truly cannot be simpler than that. If you don’t like to eat vegetables, try juicing them.

A nourished body creates a nourished balanced mood.

6

Fearlessly dream

Now, we get to the “good stuff”. These steps fuel our mood by nourishing our soul as we take a holistic approach to our life and happiness.

Fearlessly dream. This step is vital for mood-boosting. Too often, we stop dreaming especially when we become an adult and our responsibilities get in the way of our child-like free-thinking mind.

I want you to write down your top 3 dreams – without fear, and without any thoughts of objects or circumstances that you think may get in the way.

7

Plan your dreams with easy to take steps

So, now that you’ve fearlessly written down your top three dreams without worry or care. You are actually going to implement them. That’s right – forget the routines, the schedules, the responsibilities, and PLAN to make your dreams come true. You can plan for 1 year, 2 years, 3 years or more – but whatever you do...

DO NOT GIVE UP.

IT IS NEVER TOO LATE.

DREAMS DO COME TRUE.

This is your chance in life to live fearlessly and dream. This is your time to stop putting your dreams that fuel your soul on the back burner – and start fighting for the life you want.

8

Find time to explore and play

When was the last time you played? If you tell me it was when you were 10 years old – we need to make a change. Playing doesn't end as we get older. We just need to create a balance between work and play.

Find time to explore life and play with it.

HERE ARE 4 TIPS THAT YOU CAN TAKE
TO PLAY A LITTLE BIT MORE:

1. Make dinner reservations at the new local restaurant.
2. Make plans to enjoy the hit movie that just hit theaters.
3. Take a walk through a nature park and observe the beauty.
4. Be crazy adventurous and just get in the car and GO somewhere, anywhere the wheels take you.

Life is too short to stop playing, too vast to stop exploring, and too beautiful to let it pass us by.

9

Create time for you and your self-care

Self-care!!!! I can't even begin to tell you about how this could seriously be the most important step we take to enhancing our mood to a more desirable state.

Enjoy some self-care with a new pedicure, a shopping spree, an hour alone to sit in quiet and read, time to enjoy a cozy bubble bath, time to meditate, and time to just be you and care for YOU.

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How would you like the blueprint to
living a healthy gut life and
implementing these 9 steps seamlessly
into your life?

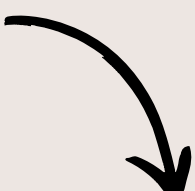
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Download my Healthy Gut Life Plan Today!

If you are a woman who suffers from digestive disorders and you would like to stop the struggle and start living a healthy gut lifestyle, you will want to grab my Healthy Gut Life Plan.

Immediately download your copy for only \$27 and start implementing my life-changing strategies today!

Click to download below.



[YES! I WANT A HEALTHY GUT](#)

