Gut Health 101 – How to Heal Your Microbiome Naturally

Your gut is home to trillions of bacteria—some helpful, some harmful. When your microbiome is out of balance, it can lead to digestive issues, fatigue, skin flare-ups, poor immunity, and even mood disorders. Healing your gut naturally starts with simple, consistent lifestyle shifts.

Here's a few simple ways to start to naturally heal your gut microbiome, today:

1. Eat More Plant-Based, Fiber-Rich Foods

Fiber feeds the good bacteria in your gut. Load up on:

- Leafy greens
- Berries
- Beans & legumes
- Whole grains
- Cruciferous veggies (broccoli, cauliflower)

---

2. Include Fermented Foods

These contain natural probiotics to restore your gut flora:

- Sauerkraut
- Kimchi
- Miso
- Tempeh
- Non-dairy yogurt with live cultures

---

3. Avoid Processed Foods & Excess Sugar

Highly processed foods and sugar feed the bad bacteria. Reduce or eliminate:

- Refined sugars
- Artificial sweeteners
- Ultra-processed snacks

---

4. Stay Hydrated

Water helps with digestion and nutrient absorption. Aim for at least half your body weight in ounces of water daily.

---

5. Manage Stress

Chronic stress negatively impacts your gut-brain connection. Try:

- Deep breathing
- Meditation
- Gentle yoga
- Nature walks

---

6. Get Enough Sleep

Quality sleep allows your body to heal and reset. Aim for 7–9 hours nightly to support gut regeneration.

---

7. Ditch the Antibiotics (When Possible)

Antibiotics can wipe out your good bacteria. Only take them when absolutely necessary and always follow up with probiotics.

---

8. Consider a Probiotic Supplement

Especially if you're healing from antibiotic use, travel, or digestive issues, a high-quality probiotic can help rebuild your gut.

Signs Your Gut Is Healing:

- Regular, comfortable digestion
- Clearer skin
- More energy
- Balanced mood
- Fewer cravings