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GUT HEALTH TIPS

The benefits of hydration for digestion

GUT
HEALTH
TIPS

01

Sip throughout the day

Consistently sip water throughout
the day to maintain optimal
hydration levels.

This supports the digestive process
by aiding in the breakdown of
food and the
absorption of nutrients.

02

Pair meals with water

Drink water with meals
to facilitate the digestion of food.

Adequate hydration helps
soften and break down food,
making it easier for the body
to extract essential nutrients.

03

Infuse water with citrus

Enhance your hydration by infusing water with slices of citrus fruits like lemon or orange.

Not only does this add a refreshing twist, but the natural compounds in citrus can promote a healthy digestive system.

Recap

Sip Throughout the Day

Pair Meals with Water

Infuse Water with Citrus: