

Homeopath Essex

Hello, my name is Coral Byford and I have been a homeopath since 1998, so have many years' experience. In that time, I have found many people have problems with digestion and gut health which is why I put together this free PDF with some information that may help you overcome some issues you may have.

Your gut health starts in you mouth when you place food in it and goes always through digestive tract until all the nutrients have been removed for use in the body and then the waste matter passes out of you at the end.



7 Ways to Improve your Gut Health

- 1 Look at your diet make sure you are choosing whole grain foods such as brown rice, wholemeal bread, and pasta. Take out sugar as this is really bad for the gut.
- 2 Make your plate colourful. Choose a variety of different fruits and vegetables. Aim for around 38 different types a week. Such as spinach, kale, carrots, onions, garlic, broccoli, mushrooms, cauliflower, cabbage, radish, tomato, apples, banana, kiwi fruit, strawberries, raspberries, blueberries, blackberries, oranges. Try to have as much variety as possible. Bananas are especially good for the gut as they help the good microflora to keep in balance.
- 3 Try to do exercise every day. Even if you just go for a walk. Keeping mobile helps keep the gut healthy. The gut does have muscle so to keep it healthy exercise will help. This helps to keep things moving as they should.
- 4 Take a good probiotic. If you are not sure what to choose then I am happy to offer advice.
- 5 If you get a lot of heartburn this is a sign that your gut is not working correctly. You can try a spoon of honey to try and calm things down. This can help cool the burning.
- 6 You may have food intolerances, and this can make matters worse. Giving IBS symptoms so it may be a good idea to have a food sensitivity test.
- 7 Lastly sleep. Are you getting enough good quality sleep? When we sleep our body repairs and restores itself. If we do not get enough sleep our body is not rested enough so it can impact on our health and gut health.

How I work with people firstly I offer a free discovery call to see if working with me is right for you.

When you work with me, I offer full support during the time between appointments should you need it. All scans and reports are emailed within 48 hours of your appointment.

I offer food sensitivity testing, and this will come included if you have a package with me.

Please see my website for details. WWW.homeopathessex.co.uk

If you are concerned about any issues raised here then please do see your doctor for advice.