

A DAY INSIDE YOUR GUT

by gFit

7:00 AM: MORNING

GOOD MORNING! THE GUT JUST WOKE UP AFTER AN OVERNIGHT FAST. A GLASS OF WATER GETS IT MOVING AND HELPS FLUSH OUT EVERYTHING THE BODY PROCESSED OVERNIGHT. AND OATMEAL OR FRUIT FOR BREAKFAST GIVES IT THE FIRST FIBER — FUEL FOR THE GOOD BACTERIA.



WATER AND A BREAKFAST WITH OATMEAL OR FRUIT IS THE SIMPLEST START YOU CAN GIVE YOUR GUT IN THE MORNING.

1:00 PM: LUNCH

PROBIOTICS ARE LIVE GOOD BACTERIA THAT YOU LITERALLY EAT. THEY MOVE INTO YOUR GUT AND PUSH OUT THE BAD NEIGHBORS. WITHOUT THEM, THE BAD BACTERIA TAKE OVER, AND THAT'S WHEN THE BLOATING STARTS.



PROBIOTIC FOODS



YOGURT



KEFIR



KOMBUCHA



PICKLES

ADD AT LEAST ONE PROBIOTIC TO YOUR LUNCH. YOGURT, KEFIR, OR PICKLES, AND THE GOOD BACTERIA GET BACKUP.

4:00 PM: AFTER LUNCH

PREBIOTICS



THE GOOD BACTERIA YOU JUST ADDED AT LUNCH ARE NOW HUNGRY. THEIR FOOD IS PREBIOTICS: BANANA, OATS, AND GARLIC, FEED THEM, AND THEY PRODUCE SUBSTANCES THAT PROTECT THE GUT LINING AND REDUCE BLOATING.

ANTI-INFLAMMATORY



A BANANA OR A HANDFUL OF NUTS AFTER LUNCH FEEDS THE GOOD BACTERIA AND KEEPS BLOATING DOWN THROUGH THE EVENING.

9:00 PM: EVENING

WHEN YOU STOP EATING 2 HOURS BEFORE BED, YOUR BODY DOESN'T HAVE TO SPEND ENERGY ON DIGESTION, AND YOU SLEEP MUCH BETTER. AND QUALITY SLEEP IS THE BEST THING YOU CAN DO FOR YOUR GUT AND YOUR WHOLE BODY.



BAD BACTERIA



STOP EATING 2 HOURS BEFORE BED, AND YOU'LL WAKE UP RESTED AND LIGHT.

It all starts on the inside. Give your gut what it needs, and your body will respond with lightness.