

KEEP YOUR GUT IN CHECK



Did you know?

More than 20 million Canadians suffer from digestive disorders every year.

Listen to your gut.

Gas and bloating may be related to your diet.

Get dirty!

Exposure to soil, animals, and others builds good bacteria and immunity.

Eat your cultures.

Fermented foods like kombucha, sauerkraut, and kimchi are great sources of probiotics.

Check your poop.

Size, shape, and colour can tell you a lot about the state of your digestion.