

# 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.