

TUNE UP YOUR DIGESTION



Nourish your gut with prebiotics and probiotics.
You need both for a healthy gut.

Eat prebiotic-rich foods.
Raw vegetables are a great source.

Drink water and eat fibre.
They help to flush out your system.

Take your gut for a walk.
A post-meal walk can improve digestion.

Keep it clean.
Cleanse your body with whole foods.