

Blurbs Chronic Disease 2020 Check-Up and Tune-In E Campaign:

Week 1

We know you're curious so let's not be shy! Your poop can reveal a lot about your health status. Discover what's normal, what to be concerned about, and get the FAQ on your poo!

Week 2

Taking care of your gut health doesn't have to be complicated! Here are some simple tools that you can implement into your daily routine to make a difference in your digestive health. And a great recipe to help you get there.

Week 3

Bacteria is making a comeback! Add some beneficial bacteria to your diet by making your own fermented vegetables and get your probiotics from food. It's good for the gut!

Week 4

Tired? Moody? Sick too often? You may not realize it but your symptoms may be tied to your digestion. Don't let those nagging symptoms ruin your day. Tune-up your digestion by being mindful not only of what you eat but how you eat.