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SIMPLE TIPS FOR IMPROVING YOUR GUT HEALTH





HEALTHY DIGESTION

THE MOST IMPORTANT START TO HEALTH

Digestion is fundamental to life. Every cell that makes up every tissue that makes up every organ depends on the body's digestive system to provide the nutrients it needs to keep on functioning.

The digestive process consists of the ingestion of food, secretion of fluids and digestive enzymes, mixing and movement of food and wastes through the body, digestion of food into smaller pieces, as well as the absorption of nutrients and the excretion of wastes.

In order to make sure all of these processes continue to happen properly it is imperative to incorporate a few simple habits to help you stay functioning properly.



SLOW DOWN

Digestion takes place in a rested state so it is important to sit down, slow down, relax and chew your food when you are having a meal. Take small bites and chew at least 30 times before swallowing.

Saliva contains digestive enzymes. When we chew our food longer, those enzymes help start breaking down the food we are consuming. The more broken down our food is the less work our stomach and small intestines have to do to break down the food.

Also, the longer we chew the more time our brain has to sense what we are consuming and it will do a better job on controlling the amount we eat.



EAT GREENS

Rich in fiber and dense in nutrients, leafy greens provide so many benefits for health and longevity including: lowering cholesterol, fueling your body and assisting with weight loss, boosting bone health and helping to prevent some types of cancer.

Eat at least 3 cups of leafy greens daily. Try a salad before or with your meals, or add greens to your smoothies. When creating your meal, try to first think about what vegetables you are going to have and then think about what lean proteins and healthy fats are you going to add to those vegetables to complete the meal.

If you are experiencing digestive issues, cooked veggies are a better way to go, or seek additional support to improve your gut balance.



CONSUME ACV

Drink 1-2 tsp of ACV diluted in a bit of water 2x/day (ideally 10-15 mins before a meal but whenever you remember to take it is fine). It has bioactive properties and contains the vitamins and life-stimulating minerals, mainly potassium, as well as the enzymes necessary for the proper digestion and metabolism. It assists the body in the breakdown of food in order to get the nutrients out of it and helps to cleanse and restore nutrients to the body so that the body can heal itself. It also helps to:

- :: Remove body toxins
- :: Promote a youthful body
- :: Support a healthy immune system
- :: Maintain healthy skin
- :: Control Weight
- :: Control cholesterol levels
- :: Improve digestion and assimilation



HYDRATE

Water fires up your metabolism, helps your body flush out toxins, gives your brain fuel, and may even make you eat less. Drink 16 oz first thing in the morning and get in 1/2 your body weight in ounces during the day. Add in lemons to your water for an extra detoxifying boost. Lemons are known for their detoxification properties but also help to:

- :: Cut through adipose & cellulite tissue to assist weight loss
- :: Help your liver digest fats
- :: Maintain teeth & mouth health
- :: Reduce sweet, pastry & gluten cravings
- :: Detoxify and alkalize acidic conditions which cause disease
- :: Nourish and relax tight fascia tissue & connective tissue
- :: Maintain glowing, moisturized healthy skin & boost immunity

Try to consume your water before and after your meal though, rather than during, as too much can inhibit the natural juices your body excretes during digestion.

ABOUT THE PROGRAM

Nutrition Options at Beach Fitness



REVIVE: CLEANSE/DETOX OPTIONS

This 21 day program provides you with the REVIVE - Eat Clean, Live Well guide to help you get started on the right path. This program gives you all the tools you need to get on the right track, with 2 options to choose from a cleanse or a full detox program. See which option is right for you.

BOLD

This Bio-Individual Optimal Lifestyle Design program is a custom plan for individuals to maximize their own health through optimal nutrition, hydration and self care. We will sit down for a full consultation to discuss all of your health and wellness needs and design a plan that is specific to you and your goals.



BARB LANDS

Barb is the co-founder of Beach Fitness. She is a Nutritional Therapy Practitioner and a Holistic Health Coach.

As Co-Owner of Beach Fitness she continues to personally train and motivate her clients and staff to feel good and look good.