



## 8 Simple Hacks to Improve Your Gut Health Right NOW!

My journey from poor digestion to great gut health was a long and winding one. You can read more about that on my website, [www.chelstaylor.com](http://www.chelstaylor.com). For now, I want to provide you with eight simple things you can do to improve the state of your gut and in turn, your overall health.

	AVOID	EMBRACE
BREAD	<b>YEASTY BREAD</b> - Bread containing <b>yeast</b> , sugar and preservatives can wreak havoc on a sensitive digestive system. From my personal experience, pre-mix loaves made in home bread makers can be even more problematic than store-bought bread.	<b>SOURDOUGH</b> - As a first step, simply changing to <b>sourdough</b> bread, which is made with culture instead of yeast can make a big difference. Sourdough loaves are becoming easier to come by and are now stocked in most health food stores and many supermarkets.
WATER	<b>CHLORINATED WATER</b> - Water from municipal water supplies contains <b>chlorine</b> which is designed to kill bacteria. Unfortunately, this chemical also destroys beneficial gut flora.	<b>FILTERED WATER</b> - Under-sink, countertop or even jug-type <b>filters</b> remove chlorine and other harmful compounds from tap water and are recommended for anyone serious about improving their gut health.
YOGURT VS KEFIR	<b>SUGAR-FILLED YOGURT</b> - Often promoted as a health elixir, in reality, most commercial yogurt is full of sugar and sadly lacking in a broad range of beneficial bacteria, meaning that it is anything but a healthful food.	<b>KEFIR</b> - Turkish for "Feel Good", kefir is fermented milk (cows, sheep, goat, soy or nut) which is naturally teeming with beneficial probiotics. It's cost-effective and easy to make. Kefir can also be made from the water of young green coconuts.
CAFFINE VS APPLE CIDER VINEGAR	<b>CAFFINATED BEVERAGES</b> - Excessive consumption of coffee and tea can compromise the nervous system and deplete the adrenals. Try replacing a cup or two a day with a more healthful alternative and feel the difference.	<b>APPLE CIDER VINEGAR (ACV)</b> - This age old beverage has countless health benefits including assisting with enzyme production and digestion. Consume 1 tsp. of ACV that contains the "mother" in a cup of warm water daily and notice the cleansing effects.
PICKLES VS FERMENTED VEG	<b>COMMERCIAL PICKLES</b> - Traditionally, pickles were a health food. Sadly this is no longer the case and the majority of commercially produced pickles are chock-full of sugar, vinegar, preservatives and additives that are detrimental to the digestive system.	<b>CULTURED VEGETABLES</b> - Fermenting vegetables using beneficial bacteria is an ancient practice and the traditional way of preserving. Consuming cultured veg means you are getting the nutritional value of the veg coupled with beneficial bacteria, in an easy to digest form.
YEAST VS MISO	<b>VEGEMITE/PROMITE/MARMITE</b> - These spreads contain not only copious amounts of yeast, but other preservatives and additives which are best avoided.	<b>ORGANIC MISO PASTE</b> - Organic dark brown miso is a healthful alternative to yeast-based spreads, which tastes great and doesn't contain any of the nasties.
COMMERCIAL STOCK VS BONE BROTH	<b>COMMERCIAL STOCK</b> - Used to add flavour to many dishes, commercial stock is often full of nasty fillers, flavour enhancers (MSG) and preservatives.	<b>BONE BROTH</b> - Correctly made bone broth is healing to the gut and full of minerals. Most health food stores have broth available in liquid or dehydrated form.
MOVEMENT	<b>SITTING STILL</b> - Your body is built to move! Sitting for extended periods can result in a sluggish digestive system and result in constipation and other issues.	<b>TAKE A WALK</b> - Walking for even just 10 minutes a day can help to get things moving and make a difference to your digestion. Preferably, aim for 20-30 minutes daily.

Learn how to make probiotic foods such as kefir & cultured veg the EASY way at: [www.chelstaylor.com](http://www.chelstaylor.com)