Signs of the unhealthy gut and how you can heal it 5



Many of us are walking around feeling bad. Is it possible you're depressed, anxious, bloated, irritable, etc. due to an unhealthy gut? Most people don't realize a large percentage (over 70%) of their immune system is actually located in their gut. Strive's mission is to get you to feel healthy and happy, which is why you have to read this. If don't feel great, maybe it's caused by your unhealthy gut. Many studies show, if you change the health of your gut, you can really change your life.

Symptoms of an Unhealthy Gut

1. **Mental Health Issues** (depression/anxiety/irritability/mood swings)
2. **Digestive Issues** (constipation, diarrhea)
3. **Acid Reflux** (bloating, gas)
4. **Skin Issues** (rosacea, eczema)
5. **Immune System Problems**

Foods That Will Improve Your Gut Health

1. **Probiotic supplement:** Taking a probiotic will get some of that healthy bacteria back in your gut. The recommended CFU (colony forming units) is 15-50 billion and maybe start with the lower CFU count with a healthy diet. The good bacteria will regenerate

.themselves if you are eating healthy

2. **Greek Yogurt or Kefir**: Kefir is yogurt's cousin and is even better for your gut than yogurt. It's fermented goat, cow, or sheep milk. It's delicious and drinkable .

3. **Fermented foods**: Try kimchi which is pickled cabbage (ok it smells bad but tastes delicious)! Some other good ones are pickles, sauerkraut, and kombucha.

4. **Bone broth**: Can heal your gut and improve mineral deficiencies.

5. **Healthy fats**: Avocados, eggs, salmon, coconut oil, etc. can improve gut health.

6. **Steamed non-starchy veggies**: They help heal the gut and are easy to digest.

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