

## **This Daily Habit Could Reshape Your Health**

Gut health is incredibly important for our overall health and the state of our gut plays a huge role in how we respond to foods and the environment, how we absorb nutrients, hormone health, our energy and mood, systemic inflammation, and so much more.

But instead of finding the root cause of gut issues, symptoms are commonly addressed with band-aid treatments.

If you have heartburn, you are prescribed an antacid (which further lowers your stomach acid levels). If you have IBS this is treated with fiber, laxatives and sometimes an antidepressant. If you have food sensitivities, you are told to remove this food ... but none of these Band-Aids fix the root cause of the issue.

### **But What Even Is Good Gut Health?**

Daily poops (at least 1 time a day, ideally 2-3), solid structure, easy to pass. The more we can poop, the better we will feel! You should be pooping at least 1X a day. Pooping 1-3 times a day, and giving the digestive system adequate energy and nutrients — and she will fix herself. But you have to be in a good energetic state for this to happen. There are now thousands of studies in the literature documenting the connection between digestive health and thyroid health.<sup>3</sup>

Minimal skin or acne issues.

Relief from bloating or stomach discomfort after meals.

Enjoy a wide range of food, within reason, without experiencing severe issues. You shouldn't have to extremely restrict your food in the long run. Having a lot of food intolerances is a sign of a sluggish digestive system.

Thyroid health and energy metabolism are intimately involved since the thyroid is the metabolic regulator. In hypothyroidism there is less stomach acid and other digestive juices, so gas, slow transit time, food allergies, bloating and constipation are common.

### **How Do You Fix Gut Health?**

Give your gut adequate tools and resources and let it do its thing. Eat a variety of “real” food and minimize processed foods and sugar. Subclinical or clinical hypothyroidism, and thus hindered energy production, is one of, if not the root cause of most digestive issues. The focus should always be on improving metabolic rate and systemic function. When the body is working as intended, gut health will improve!