

Want a healthy gut ,follow these 5 simple tips -

Add Fermented Foods
e.g. - Curd, Kimchi

Add Probiotics & Prebiotics
e.g. - Yogurt, Banana

Eliminate Processed Foods
e.g. - Chips, Breads

Eliminate Refined Sugar

Good Quality (7-9hrs)
Night Sleep

Add 30-minute Exercise, At
Least 3 Times a Week