

# 7-Day Gut-Healing Challenge

If you want to improve your gut health, start with small, consistent changes. Try this 7-day gut-healing challenge and see the difference:

## Day 1-2: Increase Fibre Intake

- Add flaxseeds or chia seeds to your breakfast.
- Include a serving of beans in lunch or dinner.
- Eat whole grains like brown rice, quinoa, or polenta.

## Day 3-4: Add Fermented Foods

- Drink a small glass of kombucha or eat a serving of kimchi or sauerkraut.
- Include miso soup or tempeh in your meals.
- Try homemade yogurt with no added sugar.

## Day 5-6: Prioritize Gut-Healing Fruits

- Eat one banana in the morning.
- Snack on blueberries or an apple during the day.
- Make a smoothie with gut-friendly fruits and unsweetened yogurt.

## Day 7: Hydration & Mindful Eating

- Drink at least 8 glasses of water throughout the day.
- Eat slowly and chew food thoroughly to aid digestion.
- Avoid processed foods, excess sugar, and artificial additives.

**Bonus Tip:** Maintain this routine for a month and track your digestion, energy levels, and mood. You'll likely notice a positive change in your gut health!