



MUMMA'S OWN

**BONUS SECTION**  
**HEALTHY GUT MAINTENANCE**

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# HEALTHY GUT MAINTENANCE

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Getting your gut healthy is one challenge, maintaining it is another... Sometimes it's really easy to do something for 6 weeks then we congratulate ourselves on a job well done and slowly allow our old habits to creep back in. Before we know it we're back where we started.

I suggest getting some basic good habits on the go, making them part of an ongoing routine, that way our changes become more about lifestyle and less about something we only do for a little while.

By now you've probably worked out that good gut health come from changing your lifestyle and incorporating whole foods, drinking lots of water, the right balance of gut bacteria and even reducing your stress will help.

It doesn't come from a pill or a quick fix approach so lets have a look at some easy little things you can employ into your daily life that'll help keep your gut feeling great.

## LEMON WATER

Start each morning with a 300ml glass of warm lemon water. Not only is it a refreshing start to the day, lemons contain limonene which is anti-carcinogenic and has the ability to reduce fat build up in the liver.

## HEALTHY DETOX DRINK

This is a great start to the morning and a good alternative to straight lemon water. It will help improve your digestive health, remove toxins from the body, cleanse the liver, promote healthy skin, increase your energy levels and can support you in losing weight.

## PLAIN WATER

You should drink around .033ml per kg of body weight daily, if you don't like plain water then add some cucumber / lemon / lime / berries / mint to give it some flavour.





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## APPLE CIDER VINEGAR

Digestion is a key component to good gut health so I recommend a good quality Apple Cider Vinegar which is organic and contains the mother.

Place 2 teaspoons into a small amount of water and sip that before or during a meal to support Hcl acid production and digestion.

## PROBIOTIC FOODS

Sometimes I do find it difficult to incorporate probiotic foods into the meal I'm eating so I've found it works to at least have a good quality Sauerkraut Juice on hand.

Add 1-2 tablespoons to your Apple Cider Vinegar and drink that before the meal. It also makes a great salad dressing with some olive oil.

If you are a fan of fermented foods such as Kimchi and Sauerkraut then add 1/2 cup to each meal to keep the gut extra healthy.

## AVOID CONSTIPATION:

Constipation can be very uncomfortable and leave you feeling heavy and bloated. It also allows toxins to recirculate around the body which, can make our head feel cloudy and affect our overall mood and health.

Drinking water and keeping hydrated will support a healthy bowel as well as probiotic foods and freshly pressed vegetable juices.

## DRINKING MEAT STOCKS

Drinking meat stocks is another great way to maintain good gut health as it contains a multitude of vitamins, minerals and glutamine, which are great for gut healing, repairing leaky gut and bone strength.

## SIMPLY PUT

By keeping these tips in mind it will help support you in your daily efforts towards healthy gut maintenance.

Like anything, to become good at maintaining your gut health and changing your lifestyle in a positive manner you need to simply...

**PRACTICE, PRACTICE, PRACTICE!!!**

