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## HACK DVD NeXt COPY NeXt Tech



Eat Green(ish)  
Bananas to Lower  
Blood Sugar



Brush Your Teeth  
for Extra Immune  
Support



Take Your Workout  
Outside for Some  
Vitamin D



Snack On Papaya  
to Combat Low  
Digestive Enzymes

# GUT HEALTH HACKS



Avoid Artificial  
Sweeteners That Might  
Cause Gut Imbalance



Relax Your Mind  
to Avoid Stomach  
Issues



Practice Light  
Yoga to Improve  
Digestion



Eat Fermented  
Foods for Healthy  
Probiotics

**200** WAYS TO BALANCE YOUR  
GUT MICROBIOME AND IMPROVE YOUR HEALTH!

LINDSAY BOYERS, CHNC Technical Review by MURDOC KHALEGHI, MD

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