

Gut Health

— What Actually Works —

Practical, evidence-backed strategies to support digestion and overall health.



Daily Habits

- Eat fibre-rich foods
- Include fermented foods
- Stay hydrated
- Eat regularly



Gut Health

- Supports digestion
- Feeds good bacteria
- Reduces inflammation
- Strengthens immunity



Overall Health

- Better nutrient absorption
- Improved immune function
- More energy
- Better mood

Key habits for better gut health

- ✓ Eat a variety of plant foods
- ✓ Choose whole foods most often
- ✓ Include prebiotic foods (onion, garlic, oats, bananas)
- ✓ Limit ultra-processed foods
- ✓ Manage stress
- ✓ Get quality sleep

A healthy gut supports your immune system, energy and overall wellbeing.



The Real Health Guide 55+

Practical, evidence-based health information