

Happy Gut: 7 steps to keep you regular

by Hester Ladewig

1. Fibre

Soaked Chia seeds added to smoothies or bircher muesli
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Salads for lunch, vegetables for dinner
Add to salads raw grated: carrots, beetroot, apple, celery root, baby marrows

2. Balanced gut flora

Avoid all refined sugar and flour
Avoid dairy and wheat
Use Ecoflora/The Real Thing Pro-Probiotics daily

3. Oils

Add a tablespoon of good oil to every meal of the day, for example:
Macadamia oil or Hempseed oil to your breakfast muesli or smoothie
Olive oil or Walnut oil to your salad at lunch time
Olive oil, flaxseed oil or hempseed oil over your vegetables at dinner
Have lots of avocados when in season
Use your Omega 3 (fish oil) supplements daily

4. Exercise/Movement

Do some light and enjoyable exercise every day.
Take the stairs and not the lift or escalators whenever you can.
Walk around the block if you have been sitting too much.

5. Magnesium

Take Magnesium in either a Magnesium supplement form, such as:
Metabole Magnesium Formulation or VRP Opti-Mag
Add to that: Gaia Pure Magnesium Peroxide Oxygen Powder whenever needed.

6. Water

Drink 2-3 litres of water or herbal tea daily between meals.

7. Laugh & Relax