



6 TIPS FOR BETTER GUT HEALTH



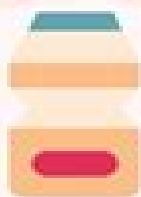
1. Increase your fibre intake



2. Eat a variety of fruit and veg



3. Avoid processed food



4. Eat fermented food (they contain good bacteria)



5. Regular physical activity



6. Eat without distractions!

Gut Health Tips

Roman Wölfel



Gut Health Tips:

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