



Your gut health guide

by

bimuno[®]



Gut health is a journey...

Maintaining a healthy gut is essential for overall well-being. Your gut plays a crucial role in digestion, nutrient absorption, and even influences your mental health.

In this guide, we will explore the key factors that contribute to gut health and how incorporating prebiotics into your diet can support a thriving gut microbiome.

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Diet:

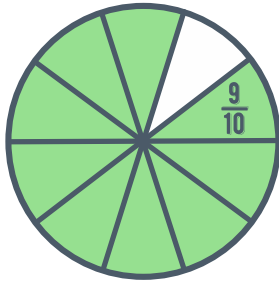
Fuel Your Gut with Fibre-Rich Foods

30g

Recommended
daily intake of fibre

18g

Average fibre
intake for adults in
the UK



A diet rich in fibre is fundamental for nurturing a healthy gut yet 9/10 of us in the UK aren't getting the recommended 30g!

Fibre acts as fuel for the beneficial bacteria in your gut, promoting their growth and activity. It can be found in various plant-based foods such as fruits, vegetables, whole grains, and legumes. By incorporating these fibre-rich foods into your daily meals, you provide your gut with the necessary nourishment it needs to thrive.

**<https://www.bda.uk.com/resource/fibre.html>



Understanding PREbiotics and PRObiotics

Prebiotics and probiotics are often mentioned when discussing gut health, but what sets them apart?

Probiotics

Probiotics are the naturally occurring, healthy bacteria that live in your gut.

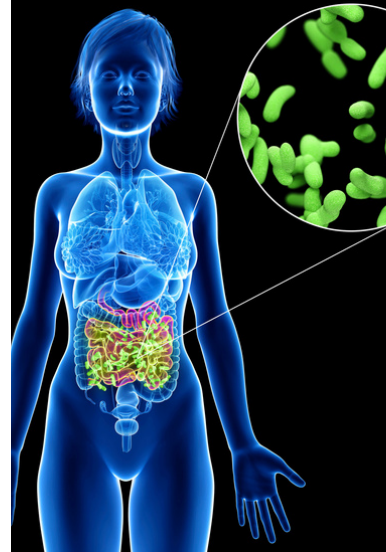
They can be found in some fermented foods like yogurt, kefir, and sauerkraut. As probiotics can be impacted by temperature, acidity and other factors, consuming probiotics doesn't mean they're always going to survive the journey to your gut where you benefit from them.



Prebiotics

Prebiotics are often indigestible fibres (not live bacteria) that serve as food for the beneficial bacteria already present in your gut.

They can be obtained from sources like apples, kiwis, onions, garlic, and bananas.



The Power of Prebiotics: Nurturing a Healthy Gut Ecosystem

While PRObiotics introduce beneficial bacteria into your gut, PREbiotics like Bimuno, work much like fertilisers. Feeding plants, or in this case probiotics, encouraging them to thrive and increase in number.



Bimuno's prebiotic ingredient feeds 'good bacteria' (or probiotics) connected with digestive health, immunity and even mental wellbeing.



While supplements like Bimuno can help to encourage positive gut health, they aren't a complete health fix. The same way we put on a seat belt, but we still need to drive carefully.

Taking food supplements should not be used as a substitute for a varied and balanced diet and a healthy lifestyle.





Lifestyle: Cultivate Habits for Gut Health

Apart from a fibre-rich diet, certain lifestyle choices can significantly impact your gut health. Adequate sleep, stress management, and avoiding excessive alcohol and tobacco consumption contribute to a healthy gut.



Consider incorporating relaxation techniques like meditation or yoga into your routine to reduce stress levels and support a harmonious gut-brain connection.

Hydration: Quench your guts thirst

Proper hydration is often overlooked but is crucial for maintaining optimal gut function. Water helps transport nutrients, eliminate waste, and supports the overall balance of your gut microbiota.

Aim to drink an adequate amount of water throughout the day and limit the intake of sugary beverages.





Exercise: Get Moving for a Happy Gut

Regular physical activity not only benefits your overall health but also contributes to a healthy gut. Exercise improves intestinal motility, which aids in regular bowel movements and helps to prevent constipation.

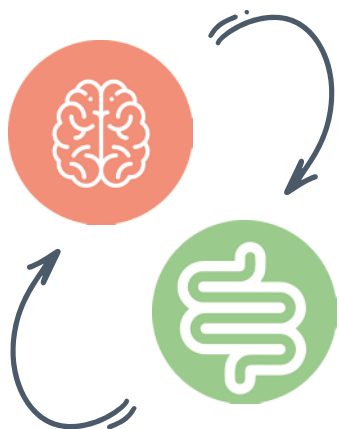


Engage in activities you enjoy, such as walking, cycling, or dancing, and strive for at least 30 minutes of moderate exercise most days of the week.

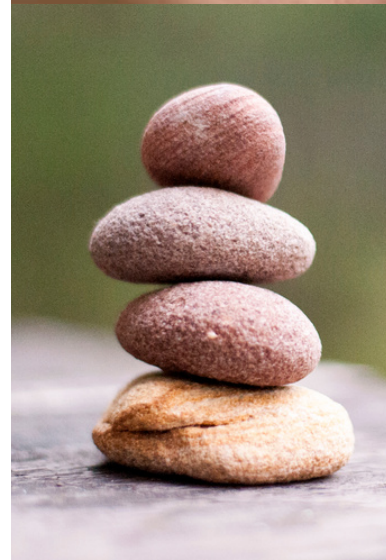


Mental Wellbeing: The Gut-Brain Connection

Believe it or not, your gut and brain are in constant communication. The gut-brain axis influences various aspects of your mental health, including mood and cognition.



Practising stress-reducing techniques, seeking social support, and nourishing your gut with prebiotics can positively impact your mental wellbeing.



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Gut health is a lifelong journey, but it doesn't need to be a daunting one.

By prioritising a balanced diet with fibre and prebiotics, embracing a healthy lifestyle, staying hydrated, exercising regularly, and nurturing your mental well-being, you pave the way for a thriving gut microbiome.



Remember, making your gut health journey enjoyable makes it easier to continue for the long term. Embrace these practices and savour the delightful rewards of a healthier, happier you!

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