**How Healthy is your Gut?**

Have you ever stopped to think about how healthy your gut is? If not, you might want to start paying attention!

Your gut plays a huge role in your overall wellbeing. Did you know for example, that it can contribute to your mental health? It also plays a part in the health of your immune system. So, if you’re looking to get healthier, focusing on your gut health is definitely a good start.

Here, you’ll discover how to tell whether or not your gut is healthy.

**How regular do you go to the toilet?**

When you have a healthy gut, you’ll notice you go to the toilet on a consistent basis. According to experts, the average adult with a healthy gut will poop around 2-3 times a day.

If you find your schedule isn’t consistent, it could be a sign you need to improve your gut health.

**Do you often feel stressed, anxious or depressed?**

The nerves within the gut are known to interact with the brain. They also release neuro-transmitters which are responsible for helping you to feel good.

If your gut is healthy, you’ll typically find you feel mentally well too. Of course, this isn’t always the case as stress, anxiety and depression can be triggered by many different things. However, it could be a sign you need to improve your gut.

**Are you ill quite frequently?**

Did you know that over three-quarters of your immune system is located within the gastrointestinal tract? Therefore, if your gut health is off-balance, you could find yourself getting ill quite frequently.

When working correctly, the microbiome of the gut helps to produce a mucus which literally traps toxins, bad bacteria and viruses. This mucus also aids in the absorption of vitamins and minerals which are required for a healthy immune system.

So, if the gut isn’t healthy, it’s not going to produce this helpful mucus and the toxins, bacteria and viruses will be free to roam the body.

**Do you constantly feel tired?**

Another tell-tale sign of an unhealthy gut is if you frequently feel tired. If the bacteria within the gut isn’t balanced correctly, it can prevent the body from getting the nutrients it needs. This in turn can lead to fatigue.

It can also cause toxins to seep out through the intestinal walls, further contributing to tiredness.

These are just some ways to tell whether or not your gut is healthy. Of course, if you do have any of the symptoms above, it could still be worth visiting a doctor. Receiving a proper diagnosis will help you to treat the issue.