**5 Ways to Improve Your Gut Health**

If you want to improve your overall health, focusing on your gut health is essential.

When working properly, your gut helps to prevent toxins from building up, while also helping nutrients to enter the body. However, when it’s not working properly, toxins and substances can leak out into the bloodstream, causing a whole host of health issues.

The question is, how can you ensure your gut is healthy? Here, you’ll discover 5 ways to improve your gut health right now.

**1.) Increase your Cardio**

According to research, partaking in cardio exercise can have awesome benefits on the gut. Researchers from the University of Illinois discovered that cardio has a positive impact on the guts composition, creating short-chain fatty acids which are known to boost colon health.

**2.) Consume Foods Rich in Probiotics**

Probiotics can be found in whole foods and different types of them provide different health benefits for the gut. Some are better at improving mental health, while others can help clear up skin conditions.

So, if there’s a specific gut-related issue you’d like to target, be sure to research which type of probiotics you should be consuming.

**3.) Consider Eating Fermented Foods**

Fermented foods may not sound overly appealing, but they can do wonders for the gut. They’re packed full of healthy bacteria and you should aim to eat around one portion per day.

It’s worth keeping in mind that if you’re new to fermented foods, you’ll want to start by consuming very small amounts. Aim for around one quarter of a cup of fermented foods until your digestive system gets used to them.

**4.) Try Yoga and Meditation**

Yoga and meditation have also been scientifically proven to be beneficial for the gut.

A study carried out in 2015, discovered those who participated in yoga and meditation experienced genetic changes within the body which resulted in improved gut health.

**5.) Drink Less Alcohol and More Water**

We all know too much alcohol is bad for us, but did you know it’s especially bad for the gut? Therefore, limiting your alcohol intake and increasing the amount of water you drink can really help to improve your gut health.

The above are just 5 ways to improve your gut health right now. As you can see, you don’t need to make drastic changes to boost the gut. Even just following one of the above tips will help you to see positive changes. However, if you truly want to improve your gut health, following all of the tips is highly recommended.