**Top Natural Gut Health Remedies**

If you gut could use a little TLC, you might want to consider trying natural gut health remedies. There’s a lot of things you can try, but not all of them are effective.

Below, you’ll discover some of the best natural gut health remedies which have been known to help.

**Drink Wheatgrass Juice Before Eating**

Wheatgrass juice can really help to boost the health of your gut, as well as naturally cleanse the body. This is thanks to its alkalizing properties, along with its potent phytonutrient content.

It prevents pathogens from growing within the stomach and aids in detoxification. Drinking just one glass of wheatgrass juice before eating your main meals will greatly help to improve gut health.

**Take Probiotic Supplements**

Although it is better to consume probiotic rich foods such as yoghurt and fermented foods, supplements can also prove effective.

You will need to make sure you choose high-quality supplements and that you buy them from a reliable source. This is because some supplements, especially the ones you find online, aren’t always as genuine as they say they are. Low-quality supplements also contain far less probiotics than they should.

**Laugh More**

Believe it or not, but there’s actually been a study which has shown laughing can do wonders for the gut.

As part of a study, researchers discovered that patients suffering from atopic dermatitis, experienced changes within their gut flora after watching funny movies for just one week.

Atopic dermatitis is known to be caused by a gut imbalance. These changes within the gut flora are definitely interesting and show that laughter really can be the best medicine!

**Avoid Using Antibiotics If You Can**

There may be times you need to take antibiotics. However, if you want to keep the gut healthy, you’ll want to avoid overusing them.

Blood-spectrum antibiotics are especially bad for the gut. It’s known that after taking a course of these antibiotics, the microbes within the gut can take months, or even years to get back to normal.

**Drink Ginger Tea**

Ginger is one of the best natural remedies for gut related issues. It’s been used for more than 2000 years to boost the digestive system.

Drinking ginger tea daily will help with the digestion of food, it relaxes the intestinal muscles and even speeds up the digestion process.

There are many natural remedies you can try out, but the above are considered some of the best for gut health. Remember, when starting to work on improving your gut health, it’s important to make any changes gradually. If you rush in and make lots of changes at the same time, you’re likely to experience severe digestive issues.