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Body by Elle

14-Day Gut Health Challenge

bodybyellefitness.com

Week One: 14-Day Gut Health Challenge

<p>Day 1: Intro to Gut Health</p> <p>Lesson: Recognizing signs of an unhealthy gut.</p> <p>Example: Frequent bloating can indicate imbalanced gut flora.</p> <p>Action Steps: Take the gut health quiz. Track symptoms such as bloating and energy levels. Note any recurrent symptoms over the next two weeks.</p>	<p>Day 2: Circadian Rhythm</p> <p>Lesson: Your internal body clock affects digestion.</p> <p>Example: Eating late at night can disrupt digestion due to misalignment with your body's natural rhythm.</p> <p>Action Steps: Set consistent meal and sleep times. Reflect on your digestion at day-end. Avoid late-night snacking tonight.</p>	<p>Day 3: Hydration</p> <p>Lesson: Water is essential for digestion and nutrient absorption.</p> <p>Example: Insufficient water can lead to constipation.</p> <p>Action Steps: Drink at least 8 glasses of water. Observe changes in bowel movements. Refill your water bottle right now.</p>	<p>Day 4: Plant Power</p> <p>Lesson: A variety of plants supply the diverse fibers our gut needs.</p> <p>Example: Consuming different colored vegetables ensures a spectrum of nutrients.</p> <p>Action Steps: Introduce three new plant-based foods like beetroot, Brussels sprouts, and rainbow chard. Make a colorful salad for dinner.</p>
<p>Day 5: Food Intolerance</p> <p>Lesson: Not every "healthy" food is suitable for everyone.</p> <p>Example: Some individuals might find broccoli causes bloating.</p> <p>Action Steps: Reflect on foods that lead to discomfort. Learn about elimination diets. Remove one suspected food from your diet for a week.</p>	<p>Day 6: Mindful Movement</p> <p>Lesson: Stress can negatively impact gut health.</p> <p>Example: Chronic stress might lead to conditions like IBS.</p> <p>Action Steps: Engage in 15 minutes of gentle yoga. Note any changes in stress or digestion. Dedicate 10 minutes to meditation tonight.</p>	<p>Day 7: Plan for Success</p> <p>Lesson: Preparedness reduces reliance on processed, gut-harming foods.</p> <p>Example: Having a prepared salad prevents opting for a fast-food burger.</p> <p>Action Steps: Draft a week-long meal plan. Prep some meals in advance. Make a shopping list of gut-friendly foods.</p>	<p>Notes</p> <hr/> <hr/> <hr/> <hr/> <hr/> <hr/> <hr/> <hr/> <hr/> <hr/>



Week Two: 14-Day Gut Health Challenge

<p>Day 8: Rock Your Fiber Intake</p> <p>Lesson: Fiber is the primary food for our gut bacteria.</p> <p>Example: Oats are an excellent source of beta-glucans, a type of fiber beneficial to our gut.</p> <p>Action Steps: Incorporate a high-fiber oat recipe. Start your day with a fiber-rich breakfast. (see notes for recipe)</p>	<p>Day 9: Fermentation Fun</p> <p>Lesson: Fermented foods introduce beneficial bacteria to our gut.</p> <p>Example: Kimchi can provide both probiotics and fiber.</p> <p>Action Steps: Explore its benefits with our quick-start guide. Add a fermented side to your next meal.</p>	<p>Day 10: Legume Love</p> <p>Lesson: Legumes are fiber powerhouses.</p> <p>Example: Chickpeas can be turned into delicious hummus, providing both protein and fiber.</p> <p>Action Steps: Create a legume-centric dish tonight and snack on a legume-based dish tomorrow.</p>	<p>Day 11: Sprout Revolution</p> <p>Lesson: The sprouting process increases nutrient absorption.</p> <p>Example: When seeds go through the sprouting process, their nutrient content becomes more accessible and bioavailable.</p> <p>Action Steps: Experiment with sprouted quinoa or almonds in a salad. Try a sprout-enhanced salad for lunch.</p>
<p>Day 12: Leafy Green Day</p> <p>Lesson: Greens are packed with essential micronutrients.</p> <p>Example: Spinach is high in magnesium, essential for muscle function.</p> <p>Action Steps: Whip up a green smoothie. Reflect on energy and digestion. Add a handful of kale to your dinner.</p>	<p>Day 13: Taking Action</p> <p>Lesson: A balanced diet promotes better digestion.</p> <p>Example: A meal balanced in protein, healthy fats, and fiber ensures steady digestion.</p> <p>Action Steps: Cook a new, fiber-abundant recipe. Reflect post-meal. Share your dish's photo on social media with #GutHealthChallenge.</p>	<p>Day 14: Congratulations!</p> <p>Lesson: Supplements can fill gaps but shouldn't replace real food.</p> <p>Example: Probiotic supplements can help, but yogurt also offers live cultures plus other nutrients.</p> <p>Action Steps: Remember, it's not just about these two weeks; it's about building sustainable habits for life. Stay proactive and stay healthy!</p>	<p>Notes</p> <p>Brekky Overnight Oats 1/2 cup old-fashioned rolled oats 1 tablespoon chia seeds 1/2 cup any milk</p> <p>Instructions: Combine oats and chia seeds in a jar. Pour in milk. Stir well, seal, and refrigerate overnight. Stir before eating, add berry toppings if desired.</p>

