

DYSBIOSIS

SYMPTOMS | CAUSES | SOLUTIONS

SYMPTOMS

- gas
- bloating
- constipation
- diarrhea
- heartburn
- acne
- eczema
- psoriasis
- insomnia
- fatigue
- sugar cravings
- bad breath
- chest pain
- trouble concentrating
- difficulty urinating



CAUSES



- high levels of stress or anxiety
- accidental chemical consumption
- dietary change
- poor dental hygiene
- new medications
- drinking two or more alcoholic beverages a day

SOLUTIONS

- take probiotics vitamins or get them naturally from yogurt, kefir, kombucha, and kimchi
- 7-8 hours of sleep each night
- eat slowly
- avoid the following foods: processed, high fat, high refined sugar



FOODS TO EAT

TO PROMOTE GUT HEALTH

HIGH FIBER FOODS



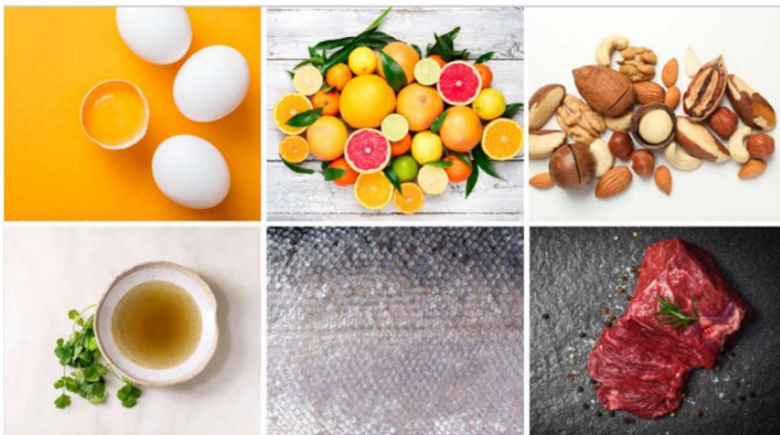
- legumes, like black beans and chickpeas
- whole grains, like oats and quinoa
- vegetables, like broccoli and asparagus
- nuts, like almonds and pistachios
- fruits, like apples and peaches

FERMENTED FOODS

- miso
- raw cheese
- apple cider vinegar
- sourdough bread
- cottage cheese
- kimchi
- sauerkraut
- yogurt
- kefir
- pickles



COLLAGEN-BOOSTING FOODS



- citrus fruits
- broccoli
- meat
- eggs
- nuts
- bone broth
- sardines
- fish
- shellfish
- berries
- garlic
- leafy greens