

# How Stress Affects Your Gut

Oftentimes, you only hear about how stress affects you overall. Today, we're going to talk about the three types of stress on your gut. Knowing these can help you gain the essential health you want!



## Type #1: Bacterial Stress

Your gut must be balanced with good and bad bacteria. This helps your gut maintain your overall health, give you more energy and other health benefits. But if your gut bacteria is unbalanced, health complications can pop up. These include an upset stomach, headaches, appetite issues and other problems.

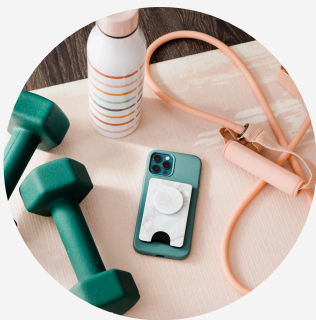
## Type #2: Portion Stress

Ever feel like you ate too much of a good thing? You say things like, "I can't eat anymore!" Afterwards, your stomach feels tight as a drum. Overeating puts stress on your gut. When you're too full you miss the healthy eating cycle of every two to three hours. Eating this way lets your body burn more fat and calories. This "burning combo" helps you lose weight, safely.



## Type #3: Physical Stress

Overall health is the result of homeostasis. This is what's called, "body balance." When your gut is balanced it's easier to do physical activities. Why? You have the energy to do those things without draining yourself. Too much physical stress comes when, due to an unbalanced gut and eating too much, it's harder to walk, run, lift weights and so on.



So, these are the three types of stress that affect your gut. Here's a short video about the "gut-brain axis." It shows you how powerful and healthy your gut needs to be for better health!

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