

# WHAT'S YOUR GUT FEELING?

# 6 Habits

to Support Digestive Health



## 1. Chew Your Food

Chewing food well allows your saliva to start breaking the food down for smoother digestion.



## 2. Handle Stress

When you're stressed, digestion slows. Take time to lessen the stress in your life.



## 3. Get Regular Exercise

When you exercise, you support the muscles of your intestines, which helps maintain regularity.



## 4. Take Supplements

Your health care professional can recommend supplements targeted to your needs.



## 5. Stay Hydrated

Drinking water supports regularity and the health of the digestive system.



## 6. Eat More Fiber

Dietary guidelines recommend eating 25-35 grams of fiber a day.

## We can help!

From enzymes to probiotics, there is a wide range of Standard Process and MediHerb® products to support digestive health. Ask your health care professional for your individualized recommendations.\*



Whole Food Nutrient Solutions  
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\*These statements have not been evaluated by the Food and Drug Administration. These products are not intended to diagnose, treat, cure, or prevent any disease.