

3 STEPS TO BETTER SLEEP

STEP 1: PROBIOTICS & PREBIOTICS



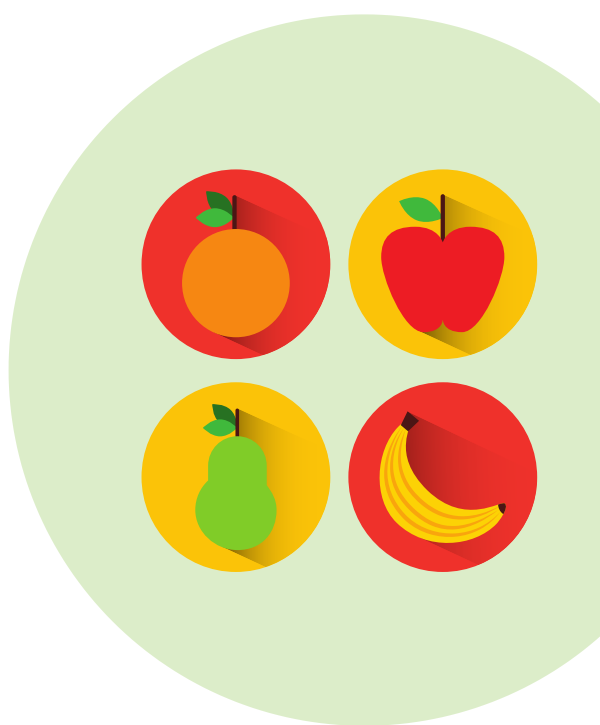
Prebiotics feed the good bacteria in your Gut! These are foods such as: Garlic, Onions, Leeks, Asparagus, Bananas, Oats, Apples, Cocoa & Flaxseeds.

Probiotics are the good bacteria in your Gut! These are foods / drinks such as Yogurt, Kefir, Sauerkraut, Kombucha, Buttermilk, Tempeh, Apple Cider Vinegar, Fermented Veggies, Aged Cheese & Brined Pickles.

STEP 2: NUTRITION

LIMIT: Processed foods, Convenience items, Fried foods, Caffeine, Sugary foods.

INCREASE: High fiber foods, Plant-based foods, Water intake, High quality meats (organic, grass-fed, pasture-raised, humane practices).



STEP 3: EXERCISE



Recent research indicates that the effects of exercise on sleep appear to be similar to that of sleeping pills and also that exercise decreases sleep complaints and insomnia in patients.

Aerobic exercise releases endorphins and increases your core body temp, so if you exercise in the evening and are having trouble sleeping, you may need to move your exercise to earlier in the day.

GUT HEALTH & SLEEP

When you have poor sleep, you are more susceptible to stress, anxiety, depression & moodiness. Long term insomnia can lead to tissue inflammation and insulin resistance.

Your brain and gut produce melatonin, which is the hormone that makes you sleepy. Without a healthy gut, your sleep and stress resilience will suffer.

