

Do a Healthy Gut Check



Gastrointestinal (GI) distress is a double whammy: Not only is it uncomfortable, but it often strikes at the worst times, causing embarrassment and upending your day (or night). Whether you have a diagnosed GI disorder or just the occasional bit of GI distress, there are some simple things you can do to help calm your gut:

Practice mindful eating. How you eat your food can be as important as what you eat. Eat slowly, chew thoroughly, and sit up straight during meals to help reduce gas, bloating, heartburn, abdominal pain, and other unwanted GI side effects. The next time you find yourself mindlessly scarfing down your food, slow down with these tricks: Try eating with your non-dominant hand, and put your eating utensil (fork, chopsticks) down in between bites.

Switch to softer fruits and vegetables. If you suspect that eating fruits and vegetables worsens your GI symptoms, you may be right. In many cases, the thick skins, seeds, and stalks of these foods can aggravate a delicate GI tract. Consider staying away from the raw veggie platter—but don't swear off produce completely. Instead try cooking, peeling, blending, or juicing your fruits and vegetables. It's a great excuse to dust off your blender and experiment with soup and smoothie recipes. Be sure to include lots of magnesium-rich leafy greens!

Supplement the right way. Some dietary supplements, including vitamins and minerals, can upset the GI tract. If you're supplementing with magnesium, it's important to know that not all magnesium is created equal. OMG! Nutrition uses magnesium bisglycinate chelate, a proprietary form of magnesium, that doesn't cause the unwanted digestive issues that some types of magnesium are known for. Plus, OMG! comes in an easy-to-mix drink or quick melt formula, making it easy and convenient to take every day.

Work with a registered dietitian. Self-imposed dietary restrictions can lead to nutrient deficiencies. For example, people following the IBS-friendly low FODMAP diet, without guidance from a dietitian, were shown to eat less magnesium-containing foods compared to those working with a dietitian. Rather than start crossing foods off your list, meet with a registered dietitian who can assess your situation and walk you through food and meal options that will keep you feeling healthy and happy.

Practice meditation. Research shows that people with functional GI disorders have higher stress and tension than healthy individuals (and who can blame them?). Managing symptoms with the above lifestyle tweaks can help—and so can meditation. As with any form of exercise, start small—a few minutes at a time—and take it from there. You can download a number of apps or find instructions online to help you.

Learn more at omgnutrition.com

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