

# Health And Well Being

## Learning To Trust Your Gut: Not As Simple As It Sounds

(NAPSA)—You’ve likely heard the wise advice to “trust your gut.” While most of the time that advice is in reference to decisions that will play a big role in your life, Dr. John Agwunobi, M.D., M.B.A., M.P.H., Chief Health and Nutrition Officer, Herbalife Nutrition, suggests that trusting your gut to keep you healthy is just as important.

### Support Your Health

According to the American Nutrition Association, 70 million people in the United States experience some form of digestive issues and intestinal imbalances associated with occasional digestive issues, abdominal discomfort, bloating or diarrhea.

Most people would agree that it’s important to eat a balanced diet with the right vitamins, minerals and nutrients to help maintain a healthy lifestyle. It is also important to introduce healthy, active and live bacteria into your body in order to build a healthy microbiome, which is a collection of the microorganisms that live in your gut. These microorganisms help protect you from germs, help break down food for energy, and produce vital vitamins.

### Finding Friendly Bacteria

So how do you introduce healthy active bacteria into your microbiome? Most people are already doing so without even knowing it, when they eat yogurt or fermented vegetables such as kimchi or sauerkraut. There’s also a host of probiotic products available that contain these healthy bacteria. Getting the right ones, however, may take some research as they can vary by convenience and effectiveness. An effective probiotic works to relieve certain intestinal imbalances associated with occasional digestive issues such as abdominal discomfort and bloating, and promotes growth of beneficial, friendly bacteria to maintain balance within your microbiome.

For example, Herbalife Nutrition Simply Probiotic, formulated with BC30, delivers a billion active probiotic cultures that survive the gastric transit to germinate in the intestines where they’re needed. At zero calories per serving, the fine white powder is made with non-



### Give your gut a boost with good nutrition and beneficial bacteria.

GMO ingredients and contains no artificial flavors, colors, artificial sweeteners or preservatives. It’s gluten free and can be mixed in easily in hot or cold food or liquids, to help maintain balance in your microbiome.

“Through proper nutrition and the use of probiotics, such as Simply Probiotic, people battling digestive issues can once again trust their gut,” advises Dr. Agwunobi.

### Don’t Forget Your Fiber

Adults should be eating approximately 30 grams of fiber a day, but the average intake among adults in the U.S. is only about a third of that. Our busy lifestyles contribute to the problem. When we’re eating on the go, we’re less likely to find fiber-rich fruits, vegetables and whole grains that are more typically found at home.

Since your body needs both soluble and insoluble fiber, it’s best to eat a wide variety of fruits, vegetables, beans and whole grains. Aim to have a fruit or vegetable with every meal or snack, toss some beans into a soup or salad, and choose whole grains over refined “white” breads, cereals, rice and pasta. Not only will you get both types of fiber, you’ll also benefit from the vitamins, minerals and antioxidants that these healthy foods contain.

By eating right, doing moderate exercise, reducing stress and getting a little help from friendly probiotics, you can trust your gut to keep you healthier and to help you make the right nutrition decisions.

### Learn More

For further facts and to order probiotics, go to [www.herbalife.com](http://www.herbalife.com).