

# Improve Your Gut Health!

## How?

Eat two different types of ***fermented foods*** per day.

- ✓ Yogurt
- ✓ Kefir
- ✓ Kimchi
- ✓ Kombucha
- ✓ Pickles
- ✓ Sourdough
- ✓ Tofu



## Why?

Having a healthy gut ***improves:***

1. Mental health
2. Immune system function
3. Pain regulation
4. Reduces risk for heart disease and type 2 diabetes
5. Improves focus
6. Reduces anxiety



To schedule an appointment, visit our website at [health.wayne.edu](http://health.wayne.edu) or call 313-577-5041.

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### References:

Hemarajata, P., & Versalovic, J. (2012). Effects of probiotics on gut microbiota: Mechanisms of intestinal immunomodulation and neuromodulation. *Therapeutic Advances in Gastroenterology*, *6*(1), 39–51. <https://doi.org/10.1177/1756283x12459294>