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

References:

To schedule an appointment, visit our website at health.wayne.edu or call 313-577-5041.
5285 Anthony Wayne Dr., Detroit, Michigan 48202.