

PREMIER HEALTH'S

GUIDE TO GUT HEALTH



What is Gut Cleanse?

A gut cleansing, also known as colon cleansing is another way of removing waste and toxins from your colon.

Health Benefits!

- Relieve Constipation
- Weight Loss
- Better Digestion
- Aids Irregular Bowel Movement
- Clear Thinking
- Increased Energy
- Reduce Risk of Colon Cancer



We know what's best for your gut.



Naturally Improve Gut Health!

- Reduce Stress
- Avoid Smoking
- Drink More Water
- Get Active
- Limit your Alcohol
- Focus on Sleep

Who Needs a Gut Cleanse?

Gut cleansing is not just for those who suffer from different tummy issues. But also, for those who have health complaints like:



- Constipation or Diarrhea
- Bloating
- Allergies
- Depression
- Mood Swings
- Fatigue
- Headache
- Joint Pain



Free Doctor Advice!

Best Lifestyle Changes To Cleanse Your Colon!

- Eat Plant Based Whole Food Diet
- Include fermented foods in your diet.
- Eat more foods rich in polyphenols.
- Avoid Process foods and Sugars
- Add Probiotics to your diet.
- Eat High Fiber Fruit
- Add Apple Cider Vinegar to stimulates and improves digestion.
- Cook with Turmeric Powder to help with gut inflammation and permeability.



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