

Maintain a Healthy Gut this Summer

Summer and Your “Gut Reactions”

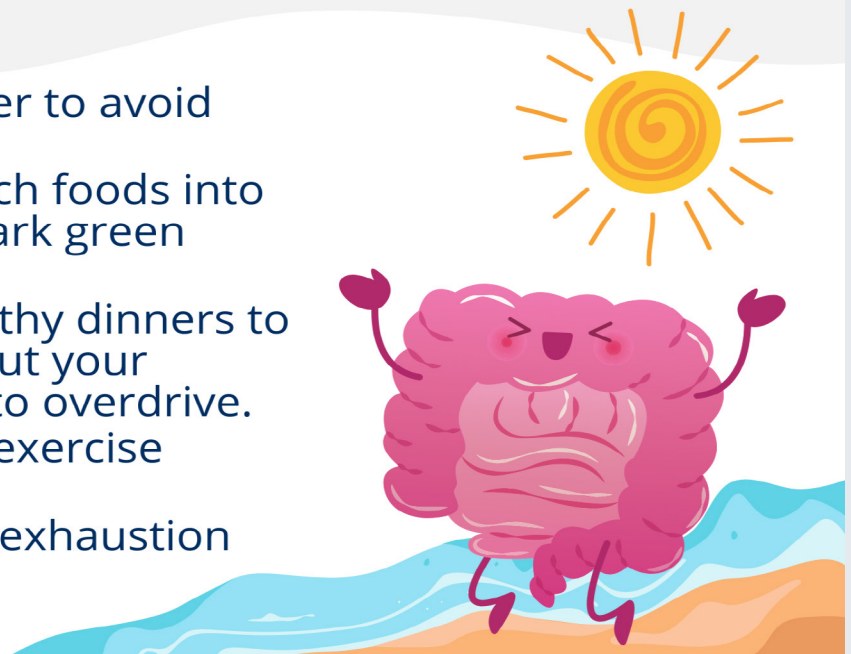
With summer comes vacations, outdoor activities, and barbecues... but the season can also bring a higher risk for gastrointestinal (GI) problems, ranging from constipation to diarrhea. GI problems may be caused by factors like dehydration, foodborne illness, dietary changes, or travel-related disruption that you might not experience during the cooler months of the year.

However, there are ways to help protect your gut when temperatures rise. By implementing some simple tips and mindful planning, you can enjoy summer and keep your gut healthy.

TIPS FOR A HEALTHY GUT THIS SUMMER

With some careful planning and a few tips, you can ensure a healthy gut over the summer.

- Drink plenty of water to avoid dehydration.
- Incorporate fiber-rich foods into your diet such as dark green veggies and fruit.
- Plan ahead for healthy dinners to be sure you don't put your digestive system into overdrive.
- Maintain a healthy exercise regimen.
- Manage stress and exhaustion when traveling.



SOURCES: GI Associates, Cleveland Clinic, Everyday Health