

Listen to Your Gut for Better Health

The bacteria in our gut are crucial for maintaining our physical and mental health. Looking at one's microbiome—the bacterial make-up of the gut—can indicate how well the immune system, digestive system, nervous system, and brain are functioning.

The problem: many of us would be astounded by how much better our microbiome could be functioning. Modern diets consisting of processed, high sugar, high fat, and low fiber foods are not conducive to a healthy gut.

This unbalanced microbiome can contribute to a range of issues, such as autoimmune diseases, intestinal diseases, weight gain, heart disease, diabetes, depression, and anxiety. This is why taking a daily supplement, like [Fully Nutrition's Prebiotic and Probiotic gummy](#), is essential to our wellness.

A balanced microbiome can improve mental health

We've all felt them before: a gut feeling, a pit in the stomach, butterflies, or stomach churning in response to external stimuli. But these are more than just physical sensations. The gut is directly connected to the brain.

It can send signals via our gastrointestinal system to communicate with us before our emotions register within our brains. When the gut is imbalanced, the good bacteria in our microbiome loses control of its regulation of hormones and neurotransmitters, causing mood disruptions.

Feeling blue or anxious but not sure why? When friendly bacteria thrive in the gut, they work to produce healthy serotonin levels in the body. With balanced serotonin, emotions are regulated and mood is stabilized. When harmful bacteria thrive, the gut produces increased levels of adrenalin. This leads the brain into unnecessary, heightened levels of panic and anxiety.

Boost your immune system with a healthy gut

The human microbiome is designed to help the body fight infection by working in tandem with the immune system. When we're feeling under the weather, the first thing many of us do is run to the drugstore for some vitamin supplements to support our immune systems.

But did you know that your body makes some of its own vitamins? That's right, the naturally occurring bacteria in your gut produces two essential vitamins: B12 and K. Vitamin B12 is necessary for red blood cell formation, brain and nerve cell function, and DNA creation. Vitamin K is vital in preventing blood clotting, encouraging the healing of wounds, and supporting strong bones.

Eating whole foods like organic produce and antibiotic-free meat can help the body access and absorb both vitamins.

How to improve gut health

There are many simple ways to improve gut health. Take a look at your diet and daily supplement regimen. There are plenty of gut-healthy foods, but with an overly processed diet, we may be harming our overall health. With a clean diet and effective supplements, the bacteria in our gut can regulate appetite and metabolize more efficiently, preventing weight gain.

Prebiotic and probiotic supplements

We know, it's not always possible to eat an entirely gut-friendly diet. Prebiotic and probiotic supplements can help us stay balanced. [Fully Nutrition has curated a probiotic supplement](#) that kills two birds with one stone: this gummy supplement includes both prebiotics and probiotics.

Probiotics are popular because they supply the gut with billions of healthy bacteria. However, prebiotics deserve a spot in your supplement cabinet as well. Prebiotics stimulate the growth of healthy bacteria in the microbiome. Taking a prebiotic will support your gut, but it will also maximize the efficiency of your probiotic by fertilizing the new bacteria.

What is the best probiotic supplement? Keep your supplements as natural as possible. Fully Nutrition is one step ahead: their [probiotic supplements](#) are made without artificial flavors, artificial colors, or preservatives. Artificial flavors, artificial colors, and preservatives work against the friendly bacteria you are trying to introduce with a probiotic. Clean probiotics support the bacteria in getting to work within your gut.

Best foods for gut health

Supplements will maximize the benefits of the foods you eat. When it comes to promoting gut health, a variety of whole foods is always the way to go. A key marker of a healthy gut is a diverse microbiome. By eating different types of whole foods, we introduce new friendly bacteria into the gut. They all perform slightly different functions that benefit the body.

There are some foods in particular that work wonders for the microbiome. Fibrous foods, whole grains, and fermented foods will help maintain a healthy gut. If you can't keep up with a diverse diet, Fully Nutrition's probiotic has 5 billion CFUs; this will help you keep up with the diversification of your microbiome.

Worst foods for gut health

If it's processed, fried, or full of sugar, think twice before you consume it. Harmful bacteria thrive off these products.

Lack of nutrients and high sugar levels feed harmful bacteria, which release toxins into the gut. Toxins weaken the immune system as they attack friendly bacteria, making absorbing healthy nutrients difficult. By introducing friendly bacteria to the gut via diet and prebiotic and probiotic supplements, we can begin to balance the microbiome and reduce toxicity.