

# Simple Daily Habits for Better Energy & Gut Health

Small daily choices can create big shifts in how you feel. Try layering in these habits—no perfection required.



## Start with hydration

Begin your day with 12–15 ounces of water, adding fresh lemon and a pinch of sea salt. This gently rehydrates your body, supports digestion, and helps wake up your system

## Get morning light

Take a short walk outside in the morning sun. Natural light helps set your circadian rhythm, supporting balanced cortisol and melatonin levels—key players in energy, mood, and sleep.



## Breathe with intention

Breathwork helps calm the nervous system and stimulate the vagus nerve, supporting emotional balance and gut healing. Try the 4-7-8 breathing method for a few minutes each day.



## Give your gut a break

Your gut needs time to digest, rest, and “clean house.” Aim for at least a 12-hour break between dinner and breakfast to support gut repair and metabolic health.





## Eat the rainbow

Fill your plate with a variety of colorful plant foods. These provide fiber, vitamins, minerals, and polyphenols that nourish your gut microbiome and support sustained energy.

## Include healthy fats (especially omega-3s)

Foods like salmon, sardines, walnuts, avocados, and olive oil help reduce inflammation and support brain and gut health.



## Crowd out processed foods

Focus on whole foods and protein-rich meals to stabilize blood sugar and energy levels. When you nourish your body well, ultra-processed foods naturally lose their pull.

## Add fermented foods

Support your gut microbiome with unpasteurized sauerkraut, kimchi, and pickles from the refrigerator section. Fermented dairy (like yogurt or kefir) can also be a great probiotic source



## Move your body daily

Movement doesn't have to be intense to be effective. Gentle, consistent activity supports digestion, circulation, and energy flow

## Protect your sleep

Aim for a consistent bedtime and at least 7 hours of sleep. Quality sleep is foundational for gut health, hormone balance, and feeling energized when you wake up

