

# Welcome to Fitrasta: Your 3 -Step Solution to Gut Health

Discover how mindful eating, targeted nutrition, and stress management can transform your digestive well-being  
Fitrasta provides expert guidance and actionable strategies for a healthier gut.

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# Step 1: Eating Mindfully for Gut Health

Conscious eating can improve digestion by up to 40%. Focus on savoring each bite. Chew thoroughly (20-30 times per bite). Pay attention to hunger cues.

Avoid distractions like screens during meal times. This will reduce overeating and improve nutrient absorption. A Harvard study shows mindful eating reduces binge eating episodes by 50%.



# Practical Tips for Mindful Eating

1

## Calm Environment

Create a calm eating environment free from distractions.

2

## Deep Breaths

Before eating, take a few deep breaths to center yourself.

3

## Slow Down

Put your Spoon down between bites to slow down your pace.

4

## Listen to Your Body

Notice the colors, textures, and aromas of your food. Listen to your body's signals.

# Fueling Your Gut



## Prebiotics

Non-digestible fibers that feed beneficial gut bacteria. Examples include garlic, onions, and bananas.



## Probiotics

Live microorganisms that add good bacteria. Examples: yogurt, kefir, Dahi, sauerkraut, kimchi, kombucha.



## Fermented Foods

Naturally rich in both prebiotics and probiotics, supporting 80% of the immune system which is located in the gut.





# Power Up Your Plate

1

## Prebiotic Power Bowl

Soaked Oats with sliced banana, chia seed, and a sprinkle of cinnamon

2

## Probiotic-Rich Smoothie

Yogurt with mixed berries, a handful of spinach, and a dash of kefir.

3

## Fermented Delight

Kimchi fried rice with tofu and a side of sauerkraut.

Incorporate these foods into your daily diet for optimal gut health.



# Step 3: Managing Stress

## Gut Bacteria

Stress can disrupt gut bacteria balance and increase inflammation.

## Digestive Disorders

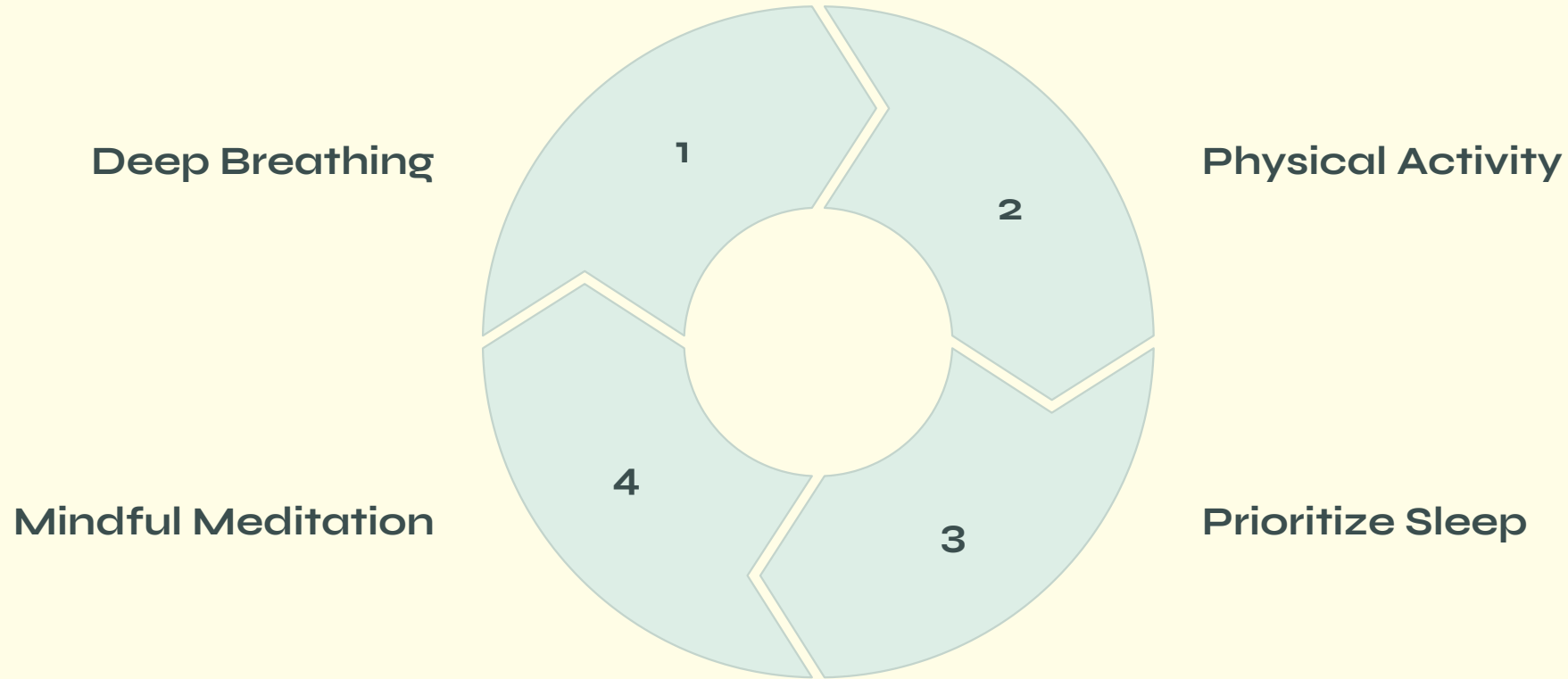
Chronic stress is linked to a 60% higher risk of digestive disorders.

## Gut-Brain Connection

Stress management techniques can improve gut health by 30%. The gut-brain connection impacts digestive function.



# Stress-Busting Techniques



Practice deep breathing exercises for 5 minutes daily. Engage in regular physical activity, such as walking or yoga. Prioritize sleep. Practice mindful meditation. Seek support.



# Important Disclaimer

These are general recommendations for better gut health. If you are suffering from specific gut issues, personalized guidance based on your symptoms and severity is essential.

Consult with a healthcare professional for tailored advice. Fitrasta is here to support you with more personalized programs

