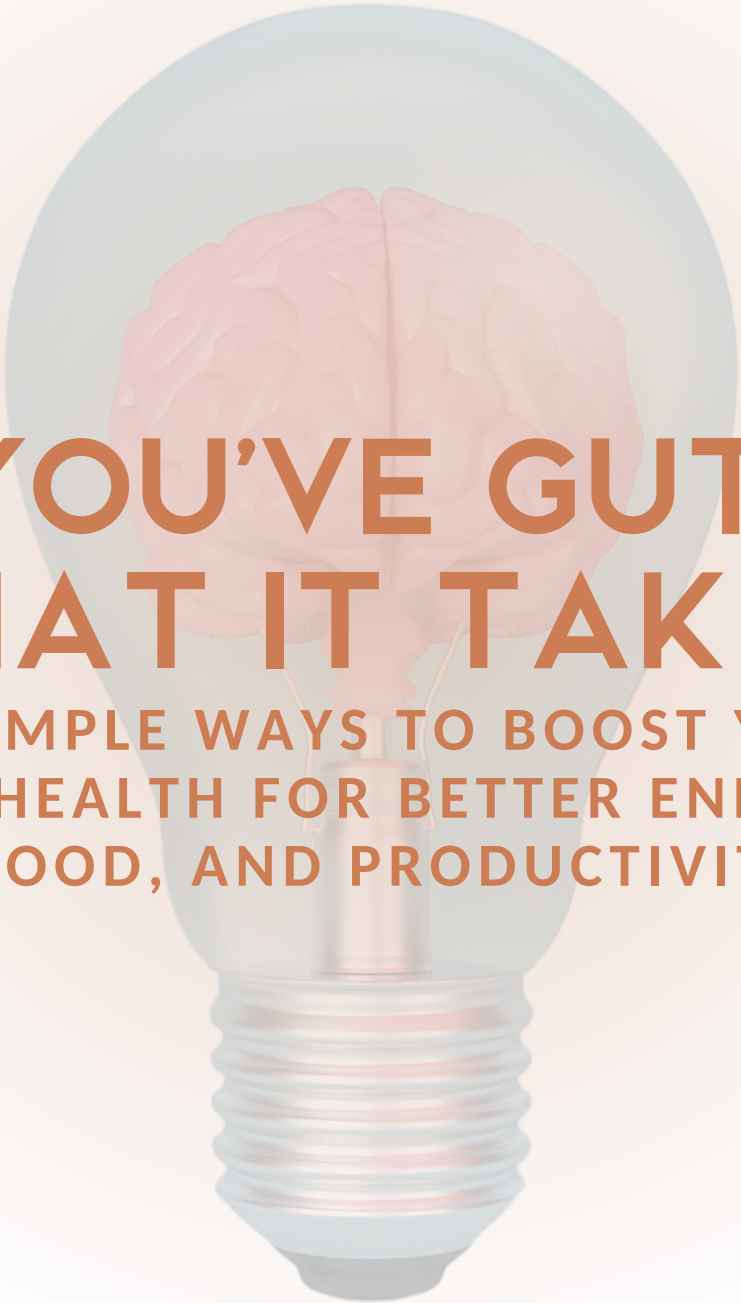




YOU'VE GOT WHAT IT TAKES!

10 SIMPLE WAYS TO BOOST YOUR
GUT HEALTH FOR BETTER ENERGY,
MOOD, AND PRODUCTIVITY

A HEALTH GUIDE FOR BUSINESS OWNERS,
ENTREPRENEURS, AND EXECUTIVES

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Hello & welcome,

Hippocrates aptly stated, "All disease begins in the gut." So, as entrepreneurs, we should all begin there.

Navigating the highs and lows of entrepreneurship, I understand firsthand the toll it can take. Like many of you, I've experienced the brain fog, burnout, and stress of running a business whilst managing my personal life, being a mum, etc. I know what it's like to feel drained during a busy day, not only because of the workload but also because of decisions we make that don't support our health. This guide came about because of both professional expertise and personal experience. I've optimised my daily routine and dietary choices to support my gut health, enhancing my energy and cognitive function. By adopting strategies that nurture the gut, I can now function more optimally throughout the day, making it easier to tackle the challenges of entrepreneurship with resilience and energy.

This guide is dedicated to you - the entrepreneur who understands the importance of making foundational changes to your diet and lifestyle but might not be sure where to start or what exactly is amiss. We'll explore how nurturing your gut health can be the first step towards enhancing your energy, mood, and overall entrepreneurial performance.

Did you know...?

...41% of entrepreneurs lose motivation for their businesses, and over half experience physical symptoms from burnout? The numbers are staggering! This is why I'm committed to changing these statistics. I want to support entrepreneurs in their ventures and enjoy sustained well-being and success.



Part 1: So, what does the gut have to do with entrepreneurship?

Everything.

What you eat directly impacts how well your body digests food, affecting nutrient absorption and waste elimination. The connection between your brain and your gut influences everything from your mood and focus to your productivity and overall well-being. Your eating habits can significantly impact your ability to think and stay energised. If your digestive system isn't efficient, it can lead to nutrient deficiencies, sluggishness, and toxin buildup, affecting you both physically and mentally.

As an entrepreneur, gut health isn't just about digestion or eating; it's a crucial factor in how you show up daily - whether it's making decisions, handling stress, or maintaining the stamina needed to grow your business.



Did you know ...?

Roughly 95% of serotonin, a crucial mood-regulating neurotransmitter, is produced in the gut. This proves the importance of gut health in managing digestion and mood. A balanced gut microbiome is key to maintaining mental focus and physical energy for entrepreneurs.

Part 2 – Why Entrepreneurs Are More Prone To Gut Issues

Entrepreneurship is exciting and rewarding, but it often comes with long hours, high pressure, and constant decision-making - all of which can negatively impact gut health. The fast-paced, unpredictable nature of running a business can lead to habits that negatively impact digestion and overall wellbeing without even realising it.

Here are a few factors that can affect gut health for entrepreneurs:

CHRONIC STRESS:

When stress levels remain high, it can disrupt digestion, leading to issues like bloating, stomach pain, and irregular bowel movements.

IRREGULAR EATING HABITS

Regular meals fuel your body, enhancing focus and productivity. Skipping meals can cause low energy, mood swings, and poor decision-making.

LACK OF SLEEP

Poor sleep and low energy can lead to cravings for sugary and processed foods, harming gut health and reducing overall productivity.

OVERCONSUMPTION OF CAFFEINE AND SUGAR

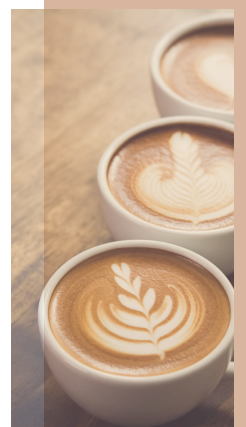
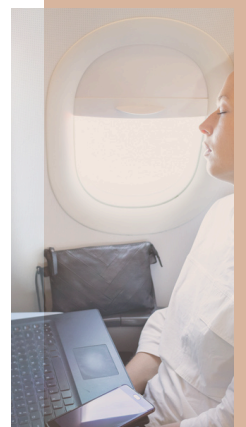
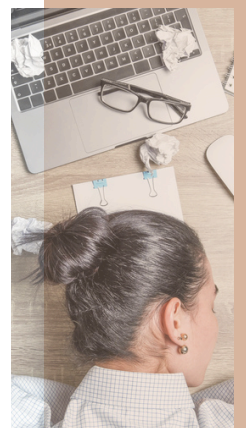
Excessive caffeine can irritate the gut, leading to acid reflux, bloating, diarrhoea, and disrupting gut bacteria and digestion.

TRAVEL AND CHANGING ROUTINES

Travel and routine changes can lead to irregular eating, dehydration, and digestive issues, disrupting gut health.

NEGLECTING SELF-CARE

Neglecting self-care increases stress, leading to poor eating habits, lack of exercise, and insufficient sleep, which can disrupt gut health and digestion.



Part 3: Signs Your Gut Health Might Be Holding You Back.

Entrepreneurs constantly juggle multiple responsibilities, make quick decisions, and push through long days. Therefore, your gut health might silently affect your performance, and your workload may affect your digestive system. When your digestive system is out of balance, it doesn't just cause bloating or discomfort - it can show up in ways you might not immediately connect to your gut or your diet and lifestyle habits.

How to Know If Your Gut Health Is Impacting Your Work

Your gut health plays a bigger role in your daily performance and wellbeing than you think. Watch out for these signs:



Constipation



Low mood



Low energy/fatigue



Brain fog



Headaches



Disturbed sleep



Sweet cravings



Irregularity



Skin issues



Intolerances



Nausea/reflux

Part 4: Simple Ways to Support Your Gut Health

Gut health is crucial for daily wellbeing, impacting everything from focus to performance. Fortunately, minor, practical adjustments can greatly improve it. Here are 10 effective ways to boost your gut health.



1 MORE FIBRE...

Boost your gut health by increasing fibre intake. Include foods like beans, oats, broccoli, almonds, and berries in your meals. Try to eat eight different fibre sources daily - it's easier than it sounds!



2 MORE FERMENTED FOODS...

Enhance gut health by incorporating probiotic-rich foods like Greek yoghurt, kimchi, kefir, kombucha, sauerkraut, and tempeh. These improve digestion, boost immunity, and promote overall health. Include a variety of these daily.



3 MORE HEALTHY FATS...

Healthy fats support gut health by maintaining the intestinal barrier, which is crucial for nutrient absorption and gut microbiome balance. Include salmon, mackerel, avocados, coconut oil, and olive oil to boost digestive health and general wellbeing.

Part 4: Simple Ways to Support Your Gut Health



4 MORE WATER...

The digestive system and liver are crucial for removing waste and toxins. Drinking water and eating fibre-rich foods is key to helping your body clear out waste effectively.



5 MORE BITTER HERBS...

Bitter herbs and foods like gentian, dandelion root, and chicory boost digestive juice production. Eating these 15-20 minutes before meals can enhance digestion.



Did you know?

Around 70% of your immune system is located in your gut, so nourishing it with the right foods while avoiding everyday gut disruptors to support overall health and performance is essential.

Part 5: And For The Bad News...

I focus on adding more goodness to our diets to support us, not just eliminating - because we need some fun, right? From the tips above, you've seen that integrating daily healthy choices is doable with some organisation. Choose foods you enjoy and plan your meals. However, there's always a 'but' regarding wellbeing. If we truly want or need something, we'll make it happen. So, in this section, we'll discuss what needs to be reduced or eliminated to enhance our health and wellbeing.



1 ALCOHOL

Alcohol tops the list of things to avoid. It harms your liver, disrupts digestion, damages the gut lining, and disturbs your gut's bacterial balance. As a depressant, it also ruins sleep and mood, slashing next-day productivity. It's best to cut or reduce it, especially if you drink regularly.



2 JUNK FOOD

Junk foods are loaded with preservatives, colourings, and additives, damaging your gut, heart and brain health. High in sugar, salt, and unhealthy fats, they're easy to overconsume because they're cheap and convenient. Plan meals in advance to dodge unhealthy, impulsive eating.



3 COFFEE

Coffee isn't inherently bad, but it's often overused, especially when busy. It can contain pesticides, increase anxiety, disrupt sleep, and stress your adrenal glands by spiking cortisol and blood sugar. A morning cup is okay, but don't rely on it to compensate for a poor diet or high stress.

Part 5: And For The Bad News...



4 GLUTEN

Gluten sensitivity can lead to chronic issues like neurological problems and mood changes. Symptoms include anxiety, bloating, brain fog, and fatigue. Consider cutting gluten for 30 days to see improvements.

Part 6: And Finally



1 EXERCISE

Research shows that exercising regularly can spruce up your gut bacteria, helping boost your overall health, immunity, and metabolism. Regular workouts are a solid way to keep your gut microbes happy and your health on track. So, pick an exercise you love, and you'll never have to work out a day in your life.

Part 7: How Well Do You Know Your Gut? Take the Quiz!

This quick quiz will show you how well you support your gut through diet, exercise, and lifestyle choices. Grab a pen, track your answers, and dive in to see how you can better support your digestive health and enhance your productivity.

1. How many times a week do you consume fermented foods like yoghurt, kimchi, or sauerkraut?

- A) Never
- B) 1-2 times
- C) 3-5 times
- D) Daily

2. How often do you experience digestive discomfort? (e.g., bloating, gas, constipation)

- A) Rarely
- B) Sometimes
- C) Often
- D) Almost always

3. On average, how many servings of high-fibre foods do you eat per day? (Think fruits, vegetables, whole grains)

- A) 0-1 servings
- B) 2-3 servings
- C) 4-5 servings
- D) More than 5 servings

Part 7: How Well Do You Know Your Gut? Take the Quiz!

4. How often do you engage in moderate to intense physical activity each week? (This includes gentle exercise such as walking, classes, etc.)

- A) Not at all
- B) 1-2 times
- C) 3-4 times
- D) 5+ times

5. Do you regularly plan your meals to include diverse, nutrient-rich foods?

- A) No, I eat what's convenient
- B) Sometimes, I plan a few meals
- C) Mostly, I try to plan
- D) Yes, I always plan balanced meals

6. How mindful are you about staying hydrated throughout the day?

- A) I rarely drink water or other fluids.
- B) I drink when I remember, but it's not a priority.
- C) I keep track of my intake and make sure I'm well-hydrated.
- D) I consistently drink 8 or more glasses of water daily and monitor my hydration levels.

Part 7 – Bonus Quiz – Scores

- **Mostly A's:**

Pay more attention to your gut health. Consider integrating more fermented and fibre-rich foods into your diet, and remember that physical activity can significantly benefit your digestive system.

- **Mostly B's:**

You're on the right track, but there's room for improvement. Increase the frequency of gut-healthy habits and consider more consistent meal planning.

- **Mostly C's:**

Great job! You're taking good care of your gut. To enhance gut microbiota diversity, keep your meals consistent and add more variety.

- **Mostly D's:**

Excellent! You're a gut health champion! Continue your habits and educate yourself on new ways to support digestion and overall wellness. Remember, every little bit helps; incremental improvements can yield significant benefits over time.

