

# Ultiself Digestion Routine

Up to 90% of your serotonin is produced in the stomach, meaning gut health is critical for health, mood and productivity. Improve it with our powerful digestion routine.



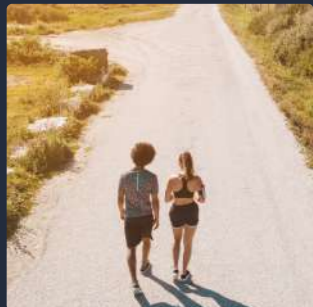
**Hydration** - Staying hydrated is important to maintaining healthy bacteria levels in your gut.

**ACTION** - Drink at least 2 a 3 liters of water per day.



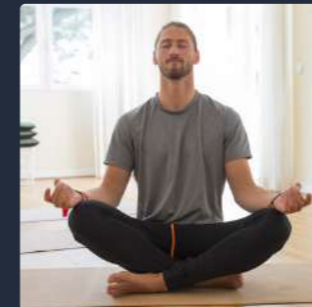
**Probiotic** - Probiotics promote balance in your gut by maintaining the right level of good bacteria.

**ACTION** - Take fermented foods or probiotic supplements daily.



**Walk Outside** - Exercising leads to a healthier intestinal tract and improves your mood.

**ACTION** - Go for a 30-60 minute walk three or four times per week.



**Meditation** - Meditation benefits from the gut-brain connection and has soothing effects on your gut.

**ACTION** - Meditate for 10 minutes each day to improve your gut health.



**Avoid Sugar** - Processed sugars cause inefficient digestion and decreases the absorption of nutrients.

**ACTION** - Decreases the amount of added sugar in your diet.



**Eat Fennel** - High fiber content promotes a healthy digestive tract and counteracts constipation.

**ACTION** - Chew a few fennel seeds after each meal to enhance your digestion.