

Gut Health Blog Post June 16

Maintaining Our Gut Health at Home

With gut health being a hot topic at the moment, it's hard to know where to start when it comes to educating ourselves. This week on our blog and Instagram we are talking about gut health, and getting advice from the experts who are going to help get us on track to prioritizing and understanding our digestive system.

This week we are talking to Cordelia McFadyen, a board certified holistic nutritionist, expert on gut and hormonal health, and the founder of Inspired Living Nutrition Inc. She is based on the west coast of Canada, and serves clients virtually all across Canada and the United States, educating and empowering people to help them understand how their gut and hormonal health impacts their well-being. She helps her clients curate personalized nutrition and lifestyle habits, to support a life full of endless energy and body confidence.

For many of us working from home or at an office, we sit all day, everyday. Sitting too much can be harmful to our health in many different ways, and it is important to be aware of the effects. One impact of sitting too much is a decreased efficiency in digestion, due to the contents of our stomach being compressed when we are sitting. A lack of physical movement and exercise results in a sedentary lifestyle that decreases blood flow in our bodies and increases pressure on our digestive tracts. Because of this, a sedentary lifestyle has been positively linked with inflammatory bowel disease and other digestive issues, so it is important to maintain habits that help combat it.

So, with that all being said, where do we start? We spoke with Cordelia to get some easy and simple tips on how to start improving our gut health today.

Try incorporating these tips and habits into your daily routine:

1. Try to stand for at least 5 minutes an hour. Movement is key to helping fire up our digestion, so take advantage of your break time to get some movement in! It can be as simple as taking a walk around the block, stretching for a little while, or even just shaking your limbs and doing some jumping jacks to get the blood flowing.
2. Drink 8 ounces of water an hour. Instead of chugging a huge glass of water at the end of the day out of guilt and a dry mouth, try to drink 8 ounces of water every hour. This will keep you hydrated throughout the day, and also helps everything in your intestines moving!

“Just remember to move. It doesn't have to be a long time, but get up every hour and get your lymphatic system pumping. Your lymphatic system is incredibly important for cellular drainage and detoxification and it relies entirely on muscle contractions. So, if you're not moving, it's not pumping.”

- Cordelia McFadyen, Gut Health and Hormonal Expert
- 3. Eat intentionally - digestion begins with the eyes. These days, it's easy to feel like whenever we are eating it is in a rushed or distracted state. Try turning off your phone, the tv, your work, or anything else taking your attention, and enjoy your food without distractions. When you eat, smell your food, look and admire the colours, the textures, and fully enjoy the flavours! This will help create a mind-body connection that helps our digestion begin even before the food meets our mouth.
- 4. Set up your work station with a standing desk. If it's possible, find a couple shoe boxes or other large boxes to prop your computer up a few feet and stand while you work. It's surprising how a small change of pace and set up does wonders for productivity. Got some extra cash? Invest in an adjustable standing desk!
- 5. Finally, remember to breathe deeply. As Cordelia said, *"When we're sitting and we're sedentary, not only we're not moving our body but we're not breathing deeply. So take some deep breaths, reoxygenate yourself, oxygenate your brain."*

Want to stay updated with the latest health and wellness resources from the experts? Follow us on Instagram - Click the link in our bio to subscribe to our newsletter!