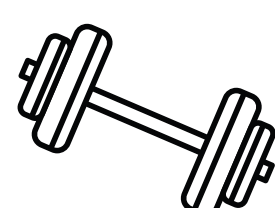


# Cheat Sheet to (the start of) Better Gut & Hormone Health

## Routine



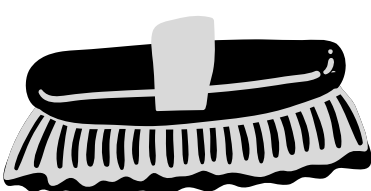
The body loves routine.  
Find your rhythm.

**When do you like to:**

- Go to bed?
- Wake up?
- Eat?
- Exercise?
- Have sex?
- Go poop?
- Work?
- Relax?

Hone in on your preferred times for each activity and stick to these times as best you can, every day, to regulate internal cycles within your body.

## Circulate



Two systems of fluid circulate in our body - blood and lymph. Too often we sit most of the day. We want to increase circulation of blood for more oxygen and nutrients, especially for areas of the body that are weakened, injured, or under stress.

Lymph regulates our immune system and facilitates nutrient transport into our intestines.

**How to increase circulation of these vital fluids:**

- Exercise!
- Hydrotherapy (Ending showers with cold water is an easy way.)
- Dry skin brushing



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For **expert guidance** on improving your gut, hormone, and overall health:

- schedule a **Discovery Call** on our website
- or call #530-848-6364

## Input



Eat **organic, fresh, and unprocessed** foods whenever possible. Pesticides have a HUGE impact on neurodegeneration and decrease beneficial gut bacteria.

**Get in the dirt** - Eating homegrown produce increases the vitamins and minerals we receive so our cells have the material needed to function as optimally as possible.