

Cup of coffee in the morning and other things that will support the health of the intestines

Taking care of intestinal health may not be easy. Will Bulsevich, doctor of medical sciences, master of clinical sciences, gastroenterologist, called the basic rules that he observes every day to maintain good work of the intestines.

**Enjoy the morning cup of coffee.** You can also add soluble fiber and spices to the drink. For example, cinnamon and cloves fight perfectly with inflammation.

**Eat fermented products.** Try kimchi, sauer cabbage, yogurt, comable.

**Don't count calories - eat more plant products.** Such a diet can be especially useful for the heart.



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**Dive your plate.** Try to eat more different vegetables, fruits, whole grain, healthy fats, protein.

**Before going to bed, put on glasses that block blue light.** This will help you relax at

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the end of the day and better get enough sleep.

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