



Dr Paige Durrant, Chiropractor

ADD 30 every week

We want to create gut diversity to have a healthy microbiome

If you can't eat organic - wash your produce in a dash of apple cider vinegar and water in your sink when you get home from the supermarket

Vegetables

Beetroot
Kumera
Potato
Parsnip
Carrot
Red & brown onion
Sauerkraut
Spring onion
Leek
Lettuce
Kale
Rocket
Spinach
Capsicum
Mushrooms
Broccoli
BEANS! Black, red, pinto, edamame..all the beans!

Fruits

Green apples
Red apples
Pears
Plums
Banana
Melons
Limes
Peaches
Berries
Grapefruit
Oranges
Mangoes
Kiwifruit
Pomegranate
Cherries
Pineapple
Feijoas
Dates

Also adding herbs such as **parsley** is great for liver & kidney health

It is important to eat seasonally so try go to local market to source your fresh produce.

WALK 30 minutes 3x a week

Fresh air also helps our microbiome and movement is not only good for our muscles but for our bowel movements

DRINK 3L of water each day for 3 days

It is common to be chronically dehydrated so reset with a load of water to wash away toxins and then aim for 1.5-2L everyday