



# Lifestyle tips

- Learn to manage stress and engage in daily relaxation.
- Avoid gut irritants such as excess caffeine and alcohol.
- Exercise for thirty minutes a day. This includes walking and stretching.
- Drink 6-8 glasses of water per day, preferably between meals.
- Try drinking green tea after main meals.
- Lose weight if you need to. See How To Lose Weight guide.
- Take time to relax while eating. Don't eat on the run. Enjoy your food.
- Eat mindfully.
- Start each day with a small glass of warm water with lemon juice and apple cider vinegar. Add a little honey if you need to.
- Pay attention to your energy after eating.
- Learn to recognise when you are full.
- Practice breathing deeply through your nose.
- Don't drink too much liquid with your meals.
- Eat regularly and have a healthy snack if you need to.
- Avoid eating when stressed.