



## 30 DAY CHALLENGE: TIPS FROM DR. SARA CELIK

**Dr. Sara Celik is a board-certified Naturopathic Doctor and professional speaker, carrying over 15 years of experience in the health and wellness industry. Here are some of her tips to get you started;**



- 1 Every morning, prepare ginger tea with freshly grated ginger and hot water. Ginger tea aids digestion and increases nutrient absorption.
- 2 Take 10 deep belly breaths before starting your day. This will help your body relax and can make you feel more grounded.
- 3 Add fibre to every breakfast (e.g. chia seeds, flax seeds, oatmeal, or fruit), or opt for a daily fibre supplement. Renew Life's Organic Clear Fibre tastes like water and acts as a prebiotic. Prebiotics are food for probiotic bacteria and can help improve digestive health.
- 4 Consider a daily probiotic supplement (with 50 billion active bacterial cultures) to support healthier digestion and re-balance your gut flora. Probiotics may produce B vitamins, such as vitamin B12, which can help boost energy levels. Recent evidence suggests the change in gut flora while taking a probiotic can happen in just 3-4 days.
- 5 Get in 30 minutes of fitness and use your Bellabeat fitness tracker to monitor steps taken, calories burned, and distance covered.
- 6 Take a power walk as soon as you are finished lunch or dinner. Movement after a meal may help with digestion and can lead to better weight loss results. One study showed that walking at a brisk speed for 30 minutes immediately after lunch and dinner leads to more weight loss than does walking for 30 minutes beginning one hour after a meal.
- 7 Pick one day a week (e.g. Sunday) for meal prepping. If you are leading a busy lifestyle, it's a good idea to plan your healthy meals in advance. The cookbook that you receive is filled with delicious, tasty recipes that are good for your gut.
- 8 Track your stress levels throughout the day with the LEAF app. The app will monitor your breathing rate and provide breathing exercises to help you de-stress.
- 9 Rub 2 drops of lavender oil on your temples to help calm your mind and relax before bed.
- 10 Smile each day, express gratitude, and celebrate your healthy journey!

