



GUT HEALTH FOR MOMS + KIDS *Booklet*

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A Healthy Gut Supports Immunity, Mood, and Overall Well-Being



At The Branch Moms, we know that true wellness starts from the inside out—especially when it comes to gut health. That's why we're thrilled to have FITMOM as the sponsor of this booklet. FITMOM is on a mission to cut through the noise of fad diets and conflicting health advice, offering a personalized and effective approach to fitness and well-being.

Just like gut health is the foundation of overall wellness, FITMOM provides moms with the tools and guidance they need to feel their best—whether they're just starting their journey or looking for sustainable, long-term results. Together, we're here to help you and your family build strong, healthy habits from the inside out!

Enjoy!

The Branch Moms &  **FITMOM**

 <https://fitmomlife.com/>



About Booklet Sponsor



FitMom Functional Health is a **premier telehealth practice** dedicated to helping women worldwide regain their health. We specialize in **gut health, hormonal balance, autoimmune conditions, metabolic disorders, and fertility**. Our holistic approach also extends to supporting children's health, ensuring families thrive together.

Enjoy these FREE FITMOM Resources!

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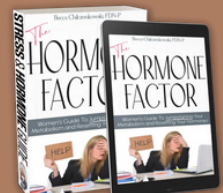
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Why Gut Health Matters



The gut is often called the “second brain” because it impacts digestion, immunity, energy, and even mood.

A balanced gut microbiome helps:

- Boost immunity (fewer colds and illnesses)
- Improve digestion and reduce bloating
- Support mental well-being (less stress and anxiety)
- Increase energy levels
- Enhance nutrient absorption for overall health



For moms, a healthy gut means **better digestion, improved hormone balance, and more energy**. For kids, it means **stronger immunity and better focus**.

Signs Of An Unhealthy Gut



An imbalance in gut bacteria can show up in many ways, such as:

- ✓ Frequent bloating, gas or stomach discomfort
- ✓ Constipation (<1 bowel movement per day) or diarrhea
- ✓ Chronic fatigue or low energy
- ✓ Skin issues (eczema, acne)
- ✓ Frequent colds or weak immunity
- ✓ Mood swings, anxiety, or brain fog
- ✓ Food sensitivities or trouble digesting certain foods
- ✓ Sugar cravings or intense hunger swings
- ✓ Bad breath
- ✓ Histamine intolerance (headaches, hives, allergies)
- ✓ Hormonal imbalances (gut bacteria play a role in estrogen metabolism)
- ✓ Trouble sleeping or insomnia
- ✓ Weight fluctuations – unexplained weight gain or difficulty losing weight



If you or your child experience these, it may be time to focus on gut-friendly habits!

Top Gut-Healing Foods



Adding the right foods to your family's diet can improve gut health naturally.

🦠 **Probiotics** (good bacteria):
Yogurt, kefir, sauerkraut, kimchi, miso, kombucha

🌱 **Prebiotics** (food for good bacteria): Bananas, onions, garlic, asparagus, oats

🥕 **Fiber-Rich Foods:** Fruits, vegetables, whole grains, nuts, seeds

💧 **Hydration:** Water, herbal teas, bone broth to support digestion

Hot Tip

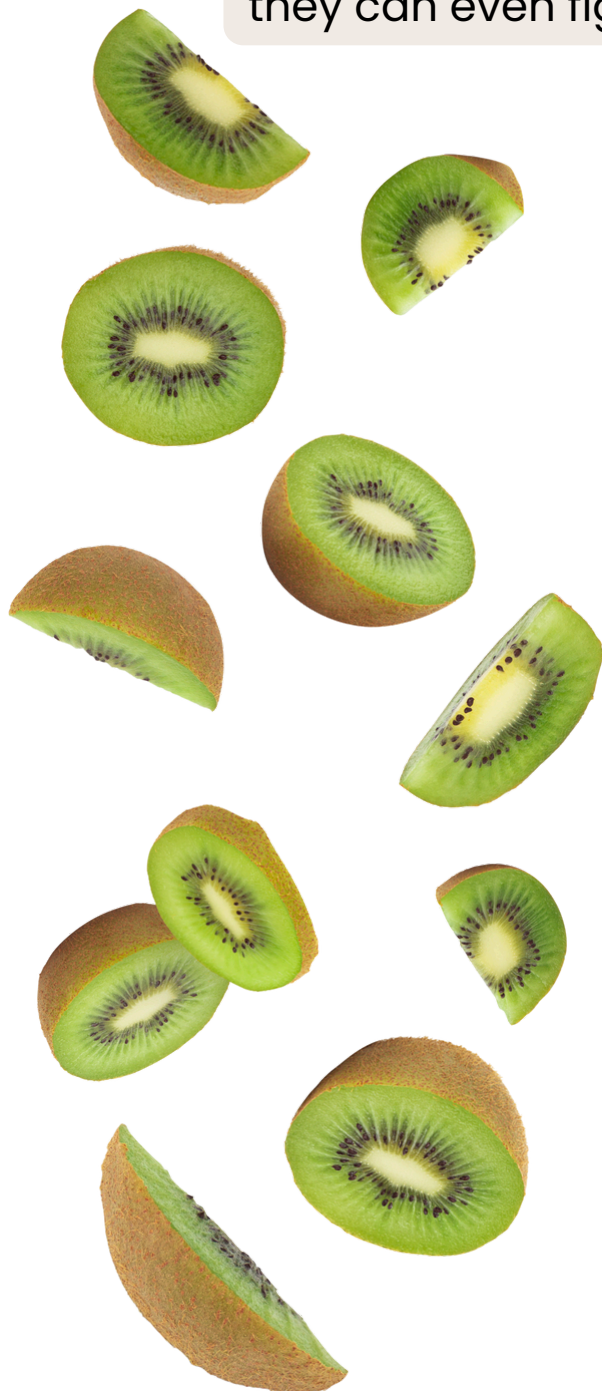
Start your day with lemon water! The acidity of lemon helps stimulate stomach acid production, promote gut motility, and support liver function by encouraging bile flow.



Food Spotlight: Kiwi



Kiwis benefit gut health and immunity and they can even fight off colon cancer cells!



Kiwis are loaded with fiber and actinidin, a natural enzyme that helps break down food PLUS It's a prebiotic! Meaning it feeds the good gut bacteria.

They are loaded with vitamin C, which protects your gut lining from oxidative stress AND supports your immune system.

Research also shows kiwis contain antioxidants and fisetin that may help fight off colon cancer cells!

Snack Idea

Not sure how to eat more kiwi? Try it in a salsa or throw one in your next smoothie!

What to Limit for Better Gut Health



Some foods and lifestyle habits can disrupt gut balance, leading to bloating, sluggish digestion, and inflammation.

Here's what to watch out for:

❌ **Excess Sugar & Artificial Sweeteners** – Can feed harmful bacteria and cause digestive issues.

❌ **Processed & Fast Foods** – Often high in preservatives, unhealthy fats, and lacking fiber.

❌ **Artificial Dyes & Additives** – Found in many snacks, cereals, and drinks, these can contribute to hyperactivity in kids and inflammation in the gut.

❌ **Excess Dairy & Gluten** – Some people are sensitive to these, leading to bloating, gas, or sluggish digestion.

❌ **Stress & Poor Sleep** – Chronic stress and poor sleep weaken digestion, damage the gut lining, suppress immunity and disrupt gut bacteria balance.



Simple Swap

Instead of artificially colored snacks, choose whole foods like fresh fruit, yogurt, or homemade energy bites!

Easy Ways to Improve Gut Health for Moms & Kids



Simple habits can lead to lasting improvements in gut health:

🥗 Start the day with a **protein and fiber-rich breakfast** (smoothie, eggs, oatmeal, fruit, nuts)

🥤 Swap sugary drinks for **water or herbal tea**

🍴 **Eat fermented foods** a few times a week

🚶 **Move your body** daily (walking, stretching, yoga)

😴 **Prioritize sleep** – Good gut health starts with good rest

😌 **Manage stress** (deep breathing, outdoor time, gratitude practice)

Small changes add up to better digestion, stronger immunity, and improved well-being!



You've Got This!



Gut health is a journey!
Making simple,
consistent changes
will help you and your
family feel better from
the inside out.



**XO,
The Branch Moms**

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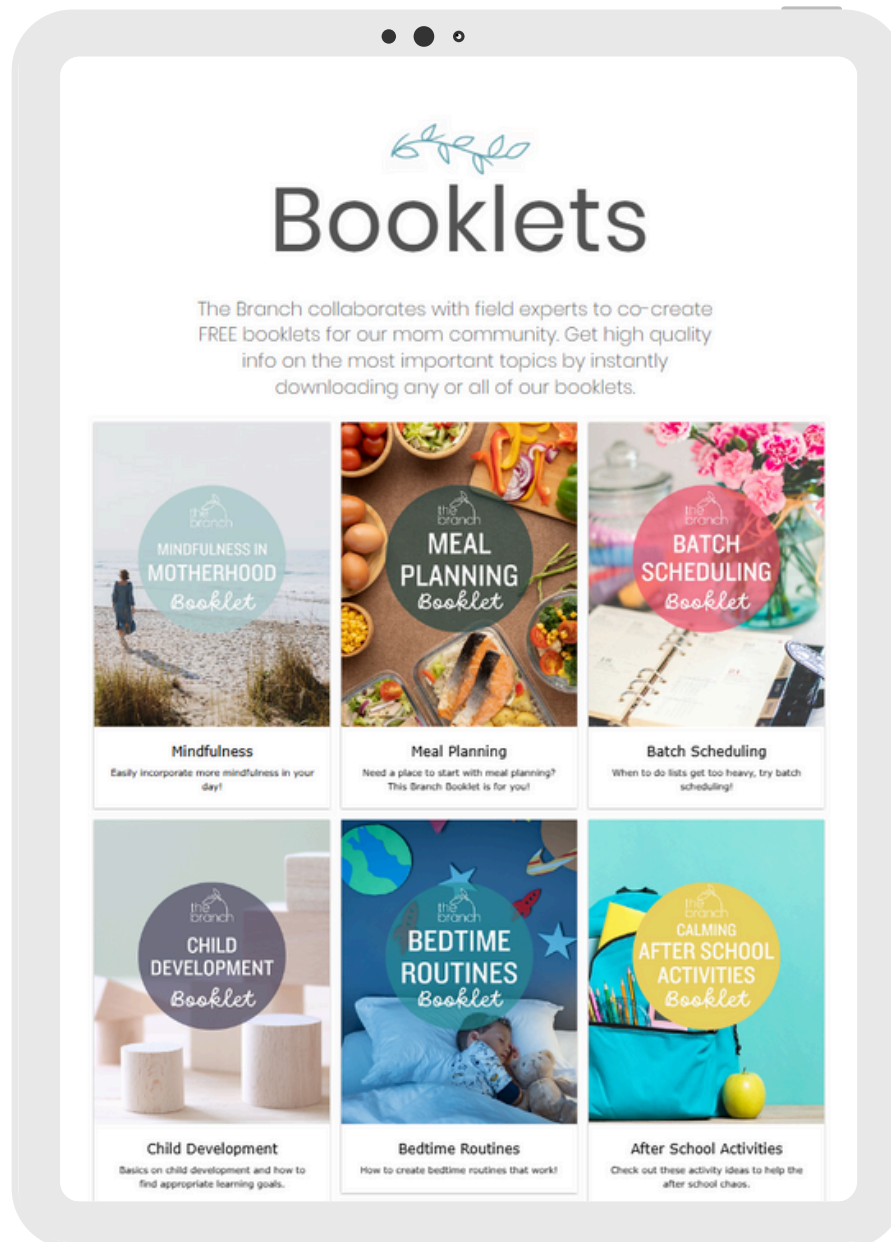


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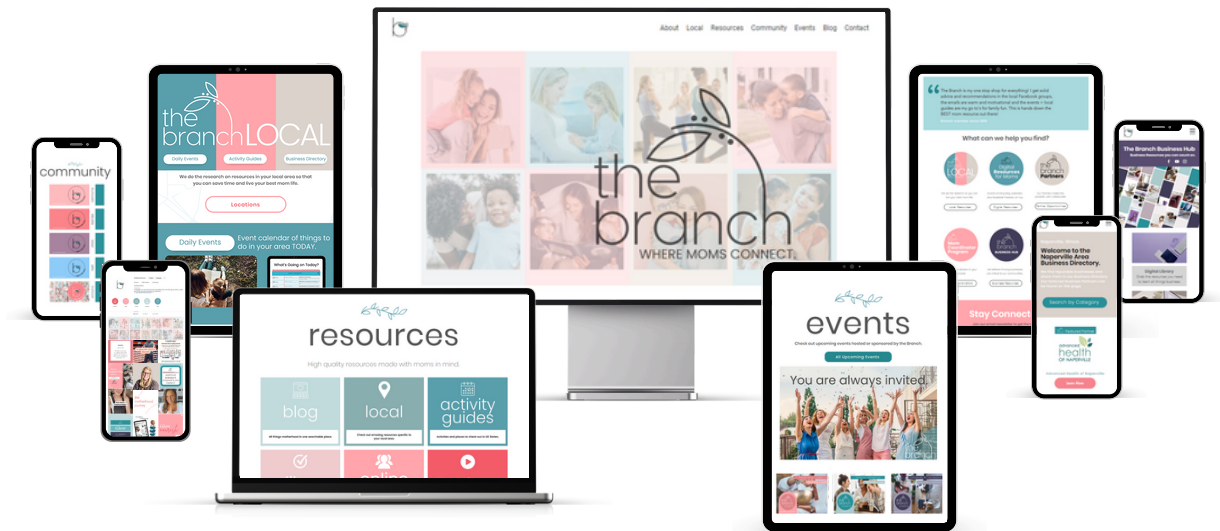
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