

GOOD HOUSEKEEPING

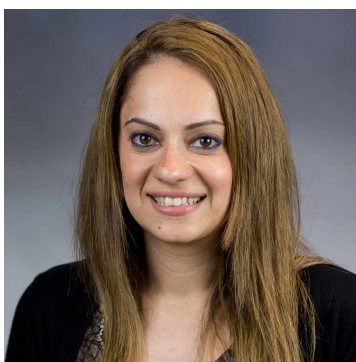
An Easy Way to Help Ease Gut Issues

This small addition to your regimen can help promote healthy digestion.

BY DANIELLE BLUNDELL



The GI tract hosts a complex population of flora, which together play an integral role in your digestive health and general wellness. “Your gut microbiome is the collective of trillions of microorganisms (bacteria, fungi, viruses) that normally colonize your gastrointestinal tract,” says Nooshin Hosseini, M.D. of Vanguard Gastroenterology in New York City, NY. “When this delicate balance of microorganisms is disrupted — known as dysbiosis — a variety of health problems can result.” To bolster your defense against gut imbalances and related digestive issues, Hosseini recommends limiting alcohol intake, only taking antibiotics when your doctor feels it's necessary, and maintaining a healthy diet low in processed foods. “The Mediterranean diet, high in fruits, vegetables, whole grains, and fish has been shown to be beneficial in this respect,” she says.



**Nooshin Hosseini, M.D. of
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