

Gut Treatment Lifestyle & Behavior Action Steps

1. Use the PDF generator to create the lifestyle and behavior recommendations handout with your clinic's branding so that you can share it with your patients.
2. Mindful eating:

Oftentimes, people do not consider how important it is to eat in a way that supports healthy digestion. This week, encourage a patient, a friend, a family member, or yourself to:

1. Strictly minimize distractions while eating (no eating on the run or watching TV or using the computer while eating)
2. Take several moments to relax and take five deep breaths before eating

Discuss the results of this week of mindful eating in the ADAPT Forum.

3. This week we discussed three stress reduction modalities to be particularly helpful for gut-related pathologies:
 1. Mindfulness-based stress reduction, in particular the body scan
 - a. An **8-week course**.
 - b. MP3s **digital downloads**
 2. Acupuncture
 3. **Hypnotherapy for IBS**

Find one local resource in your area or an online link that you can provide to your patients. See a couple examples that you can use above.