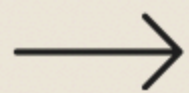


GUT GUIDE

Why nothing
works until this
works.



Understanding
the root of
absorption,
inflammation,
and healing.



How Your Gut Actually Works

Your gut isn't just where digestion happens. It's where absorption starts, where most of your immune system lives, and where your body decides what gets used and what gets wasted. When it's working well, everything else gets easier.



What Your Gut Loves

- Whole, real foods with fiber and variety
- Consistent meal rhythms, not constant grazing
- Hydration throughout the day
- Movement, even gentle daily walks
- Sleep that actually restores you
- A nervous system that gets to rest



What Your Gut Doesn't

- Ultra-processed foods and added sugars
- Chronic stress with no real recovery
- Skipping meals, then overeating later
- Frequent antibiotic or NSAID use
- Poor sleep and inconsistent routines
- Alcohol in excess

→ Why This Matters for Absorption

A healthy gut lining absorbs the nutrients from your food and supplements efficiently. A stressed or inflamed gut can't, no matter how clean you're eating or how many supplements you're taking. That's the piece most people miss.

Absorption & Inflammation

You can eat well and supplement consistently and still feeling off. Usually, it's because something is blocking absorption, or inflammation is getting in the way before nutrients even have a chance to do their job.

→ What Gets in the Way of Absorption

An inflamed or compromised gut lining can't absorb nutrients efficiently, even from a perfect diet. Common culprits:

Chronic stress

Low stomach acid

Poor sleep

Gut lining damage

Overuse of antibiotics

Imbalanced gut bacteria

→ What Gut Inflammation Looks & Feels Like

It Can Feel Like

- Bloating after meals
- Fatigue that doesn't make sense
- Brain fog
- Skin breakouts or irritation
- Irregular digestion

It's Often Caused By

- Chronic, unmanaged stress
- Processed foods and added sugar
- Food sensitivities
- Disrupted sleep
- An out-of-balance gut microbiome

The good news:

Inflammation and absorption issues are often reversible once you address what's actually causing them, not just what supplement you're taking.

Healing the Gut, In Practice

You don't need to overhaul your whole life overnight. Small, consistent shifts in these areas can help increase absorption and lower inflammation overtime.

INCREASE ABSORPTION

Slow Down at Meals

Eating too fast and under stress reduces digestive enzyme output. Sit down, chew fully, breathe before you eat.

INCREASE ABSORPTION

Pair Foods Intentionally

Healthy fats help absorb fat-soluble vitamins. Bitter foods and acids (like lemon) support stomach acid for digestion.

DECREASE INFLAMMATION

Support Your Nervous System

Chronic stress directly disrupts gut function. Daily moments of stillness aren't optional, they're part of healing.

DECREASE INFLAMMATION

Reduce Inflammatory Triggers

Cut back on processed foods, added sugar, and identify any personal sensitivities that flare your symptoms.

BOTH

Prioritize Real Sleep

Your gut lining repairs itself overnight. Inconsistent or poor sleep is one of the most overlooked gut disruptors.

BOTH

Move Your Body Daily

Movement supports healthy digestion and helps regulate the stress response that drives inflammation.

Where Supplementation Fits

Once your foundation is in place, the right supplement can support what your body is already trying to do, not replace the basics. That's where something like a daily gut tonic comes in.

What's In Woodroot Tonic

This is the daily tonic I personally use to support my own gut healing. Here's what each ingredient is doing and why it's in there.

- **Chaga Mushroom**

Rich in antioxidants and known for calming inflammation and supporting immune balance.

- **Lemon**

Provides vitamin C and natural compounds that support digestion and gentle detoxification.

- **Ashwagandha**

An adaptogen that helps the body respond to stress, supporting the nervous system tied closely to gut health.

- **Cloves**

Contains natural compounds long used to support digestion and calm inflammation.

- **Cinnamon**

Helps support balanced blood sugar and brings natural warmth and antioxidants to the blend.

- **Orange Peel**

Contains plant compounds that support digestion alongside a naturally bright, citrus flavor.

- **Ginger**

Traditionally used to ease digestion, reduce bloating, and calm an upset stomach.

- **Cayenne Pepper**

Contains capsaicin, which can support metabolism and healthy circulation.



A GIFT FOR YOU

Save 15% on Woodroot Tonic

Use MINA15 at checkout to start supporting your gut today, the same way I support mine.

[Click HERE to shop](#)

Don't let an imbalanced gut disrupt your life. Fight back with **Woodroot Tonic** and reclaim your well-being.