

## 5 Ways to Maintain a Healthy Gut

It's important to maintain a healthy gut to avoid accumulation of bacteria that can cause gastrointestinal symptoms like bloating, diarrhea, constipation, gas, and abdominal pain. [Small Intestinal Bacterial Overgrowth \(SIBO\)](#) is a condition where an excessive amount of gut bacteria forms in the small intestine which can cause these symptoms, often resulting in a person's impaired quality of life. Any condition that disrupts the normal transit of the small intestine can increase the likelihood of getting SIBO including stress and anxiety. The good news is there are simple things you can do and implement into your daily life to help maintain a healthy gut. Here are some tips to enhance your overall health<sup>1</sup>:

1. Exercise
2. Maintain a healthy diet
3. Manage your stress levels
4. Drink Plenty of Water
5. Talk to your doctor

If you do experience these symptoms, there are tests available to help diagnose and ultimately treat these symptoms. [Commonwealth Diagnostics International, Inc. \(CDI\)](#) offers non-invasive at-home breath tests for SIBO and carbohydrate malabsorption disorders. All of our breath test kits can be [ordered by a physician online](#) and taken in the comfort of a patient's home using detailed instructions for use provided in each kit, as well as [instructional videos](#) located on our website.

For more information about our tests, contact our customer service department at 888-258-5966 or send an email with your questions to [customerservice@commdx.com](mailto:customerservice@commdx.com). [Click here](#) to order our non-invasive at-home hydrogen and methane breath tests kits for SIBO and malabsorption disorder

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<sup>1</sup> <https://www.healthline.com/health/gut-health>