



LIVINE
HOLISTIC WELLNESS
...towards wholesome health

JULY 2026
EDITION

GUT HEALTH & THE MICROBIOME

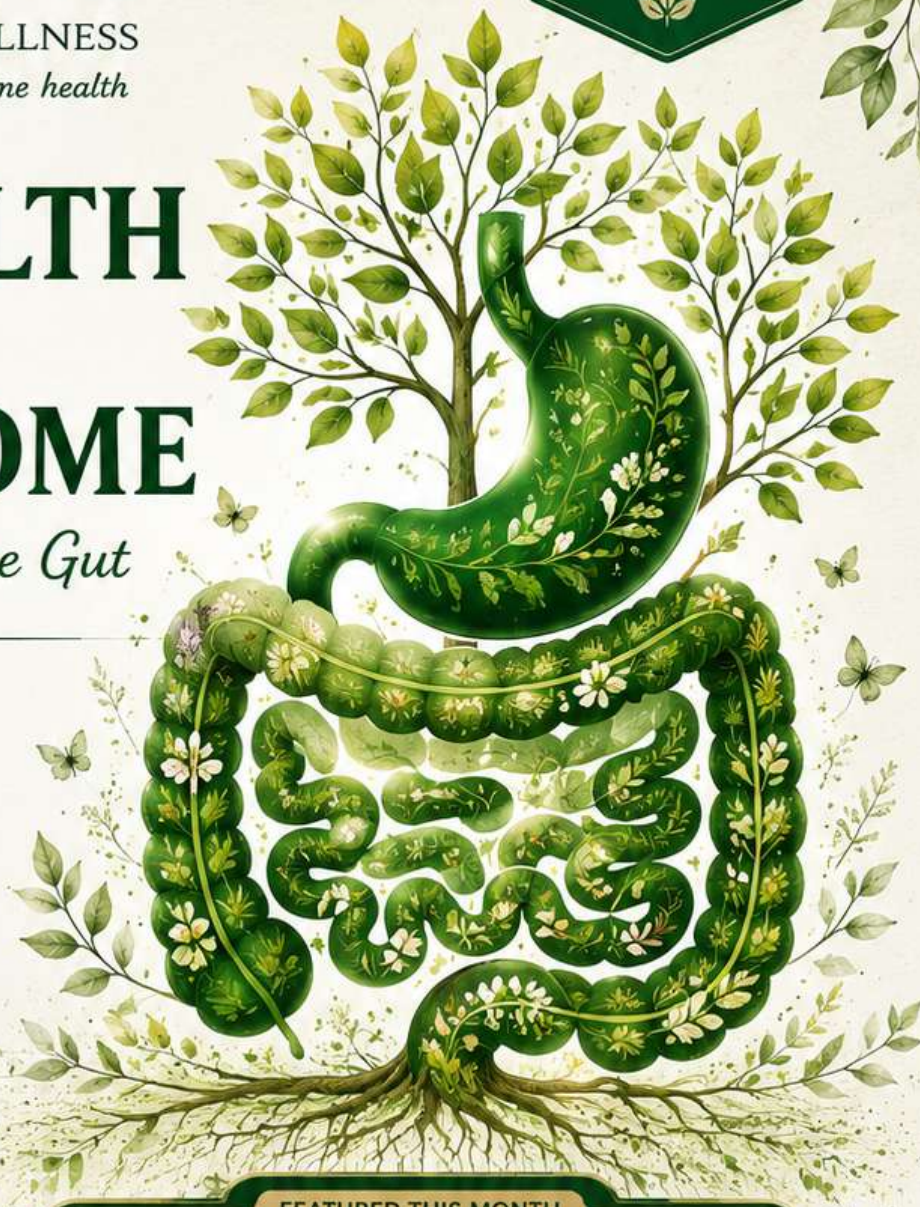
Healing Begins in the Gut

DISCOVER HOW YOUR DIGESTIVE SYSTEM INFLUENCES:

-  Digestion & Nutrient Absorption
-  Immunity & Inflammation
-  Blood Sugar Balance
-  Weight Management
-  Hormonal Health
-  Skin Health
-  Energy Levels
-  Mental Well-being

INSIDE THIS EDITION

- Understanding Your Gut Microbiome
- The Hidden Causes of Gut Dysbiosis
- 7-Day Gut Healing Reset Plan
- Gut-Friendly Indian Nutrition Guide
- Healthy Recipes for Better Digestion
- Ayurveda & Agni Explained
- Yoga & Movement for Digestive Health
- Mind-Gut Connection
- Real Patient Success Story
- Gut Health Myths vs Facts
- Food Spotlight of the Month



FEATURED THIS MONTH

LIVINE HOLISTIC GUT HEALTH PROGRAM

A ROOT-CAUSE APPROACH TO HEALING

- Restore Gut Balance
- Improve Digestion
- Reduce Bloating & Acidity
- Heal the Gut Lining
- Support the Microbiome
- Enhance Nutrient Absorption
- Reduce Chronic Inflammation
- Build Long-Term Wellness

“

*When the gut is healthy,
the body thrives.
When the gut is imbalanced,
every system can be affected.*

”



ROOT CAUSE
HEALING



FUNCTIONAL
MEDICINE



AYURVEDA



CLINICAL
NUTRITION



LIFESTYLE
MEDICINE

TOWARDS WHOLESOME HEALTH

Healing Begins in the Gut

Dear Readers,

Welcome to the July edition of the **Livine Holistic Wellness Newsletter**.

This month, we explore one of the most fascinating and important aspects of human health—the gut.

Most people think of the gut simply as the organ responsible for digestion. However, modern science has revealed that the digestive system influences far more than just the food we eat.

A healthy gut plays a vital role in:



In fact, nearly every system of the body is connected to the health of our digestive tract.

Unfortunately, modern lifestyles have created an epidemic of poor gut health.

Highly processed foods, irregular eating habits, chronic stress, inadequate sleep, unnecessary medications, sedentary lifestyles, and environmental toxins can gradually disturb the delicate balance of the gut microbiome. Over time, this imbalance may contribute to bloating, acidity, constipation, irritable bowel syndrome, food intolerances, obesity, diabetes, thyroid disorders, autoimmune diseases, allergies, skin conditions, and even anxiety or depression.



At Livine Holistic Wellness, we believe that lasting health cannot be achieved by simply suppressing symptoms.

True healing begins when we identify and address the root causes of disease.

Our approach combines the wisdom of Ayurveda with Functional Medicine, Clinical Nutrition, Lifestyle Medicine, and evidence-based wellness practices to restore digestive health naturally and sustainably.

Throughout this month's newsletter, you will learn:

- How the gut microbiome affects your overall health
- Common causes of gut imbalance (Gut Dysbiosis)
- Simple daily habits to improve digestion naturally
- Gut-friendly Indian nutrition principles
- Ayurveda's perspective on Agni and digestive health
- Practical recipes for a healthier gut
- A real patient success story
- Common myths and facts about gut health



*Good digestion
is the foundation
of real health.*



“

Our hope is that this edition empowers you to make small but meaningful changes that support your digestive health and overall well-being.



Remember, healing is not achieved through perfection—it is built through consistent daily habits.



Thank you for being a part of the Livine family. We are honoured to walk beside you on your journey toward better health.



Wishing you and your family vibrant health and happiness.



Harshit Maniar

Dr. Harshit Maniar
Founder & Integrative
Health Practitioner
Livine Holistic Wellness



Khushboo Maniar

Dr. Khushboo Dhar Maniar
Co-Founder & Integrative
Health Practitioner
Livine Holistic Wellness



“A healthy gut nourishes a healthy body,
a calm mind, and a vibrant life.”



ROOT CAUSE
HEALING



INTEGRATIVE
APPROACH



SUSTAINABLE
WELLNESS

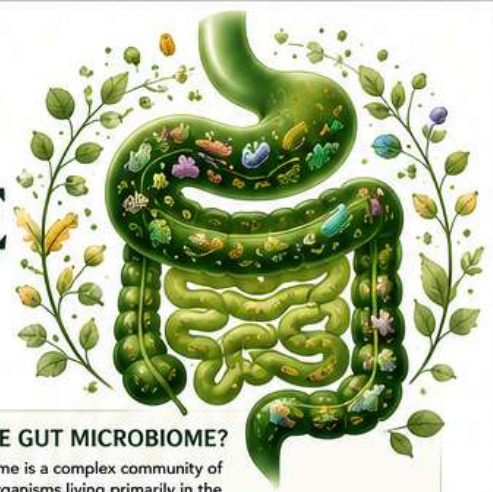


REAL PEOPLE
REAL HEALING



Real People. Real Stories. Real Healing.





THE HUMAN MICROBIOME

The Hidden World Inside Your Gut That Influences Your Entire Health



For many years, scientists believed that bacteria were simply organisms that caused infections and disease.

Today, research has transformed that understanding.

Your body is home to trillions of microorganisms—including bacteria, fungi, viruses, and other microbes—that live on your skin, in your mouth, and most importantly, inside your digestive system.

Together, these microorganisms form what is known as the gut microbiome.

Rather than being harmful, most of these microbes play an essential role in keeping us healthy.

In fact, the human gut contains more microbial cells than there are human cells in the body.

These microorganisms work continuously to support digestion, metabolism, immunity, hormone balance, and even brain function.

Modern science now considers the gut microbiome to be one of the body's most important organs because of its far-reaching influence on overall health.

WHAT IS THE GUT MICROBIOME?

The gut microbiome is a complex community of beneficial microorganisms living primarily in the large intestine.

Each person's microbiome is unique—much like a fingerprint.

Its composition is influenced by:

- | | |
|---------------------|-------------------|
| Birth method | Diet |
| Breastfeeding | Medications |
| Childhood nutrition | Stress |
| Lifestyle | Sleep |
| Environment | Physical activity |

A diverse and balanced microbiome supports health, while an imbalanced microbiome can contribute to chronic disease.



WHY IS THE MICROBIOME SO IMPORTANT?

The microorganisms living in your gut perform countless essential functions every day.

- Digest complex carbohydrates and fibre
- Produce important vitamins such as Vitamin K and certain B vitamins
- Support healthy bowel movements
- Protect against harmful bacteria
- Maintain the integrity of the intestinal lining
- Regulate inflammation
- Strengthen immune function
- Influence metabolism
- Communicate with the brain through the gut-brain axis

Without these beneficial microbes, many normal body functions become compromised.

YOUR GUT IS HOME TO YOUR IMMUNE SYSTEM

Did you know that nearly 70% of the body's immune cells are located within the digestive tract?



The gut acts as the body's first line of defence against harmful organisms.

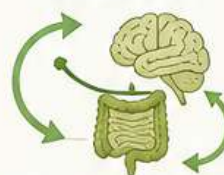
A healthy microbiome helps the immune system recognise the difference between:

- beneficial bacteria,
- harmless food particles,
- and harmful pathogens.

When the gut becomes imbalanced, the immune system may overreact or underperform, increasing susceptibility to infections, allergies, and chronic inflammation.

THE GUT-BRAIN CONNECTION

The digestive system and brain are in constant communication through the Gut-Brain Axis.



Beneficial gut bacteria influence the production of several important neurotransmitters, including serotonin.

This explains why poor gut health may be associated with:

- | | |
|------------|--------------------------|
| Anxiety | Fatigue |
| Low mood | Difficulty concentrating |
| Poor sleep | Irritability |
| Brain fog | |

Taking care of your gut often supports emotional well-being as well.

THE GUT'S ROLE IN METABOLIC HEALTH

A healthy microbiome plays a significant role in maintaining:

- Blood sugar balance
- Insulin sensitivity
- Appetite regulation
- Body weight
- Energy production

Research suggests that reduced microbial diversity may contribute to:

- Obesity
- Insulin resistance
- Fatty liver
- Type 2 diabetes

Supporting the microbiome is therefore an important part of improving long-term metabolic health.

FACTORS THAT DAMAGE THE GUT MICROBIOME

Many aspects of modern living can negatively affect gut bacteria.



- Highly processed foods
- Low-fibre diets
- Excess sugar
- Frequent antibiotic use
- Chronic stress
- Poor sleep
- Sedentary lifestyle
- Excess alcohol
- Smoking
- Artificial sweeteners (in excess)
- Environmental toxins
- Irregular eating habits

SIGNS YOUR GUT MAY NEED ATTENTION

Symptoms vary from person to person.

- | | | | |
|---------------|-------------------|----------------|-------------------------|
| Bloating | Acidity | Constipation | Loose stools |
| Excessive gas | Food intolerances | Low energy | Frequent infections |
| Skin issues | Brain fog | Sugar cravings | Unexplained weight gain |
| | Poor sleep | | |

Persistent digestive symptoms should never be ignored.

HOW TO SUPPORT A HEALTHY MICROBIOME

Fortunately, your microbiome responds remarkably well to positive lifestyle changes.

- Eat a variety of vegetables
- Include fibre-rich foods daily
- Choose minimally processed foods
- Stay physically active
- Sleep 7–8 hours each night
- Manage stress effectively
- Stay hydrated
- Eat meals at regular times
- Avoid unnecessary antibiotics
- Spend time outdoors and in nature

Consistency is far more important than perfection.

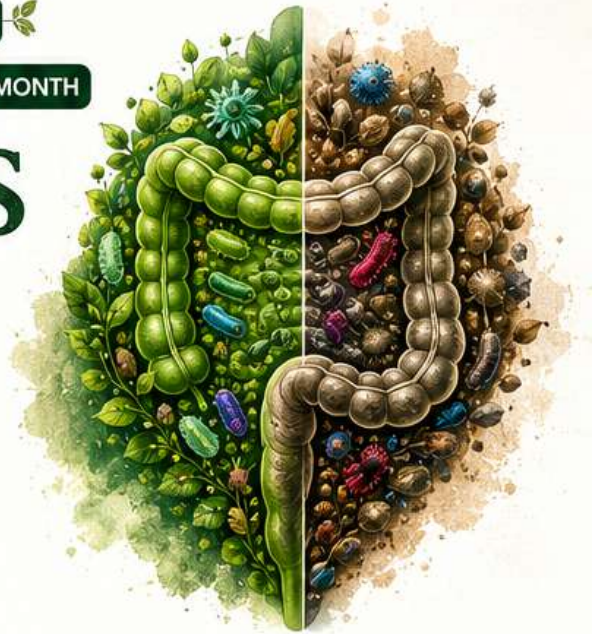


“Every meal you eat is either feeding beneficial bacteria or harmful bacteria.”

The food choices, lifestyle habits, sleep patterns, and stress levels you maintain each day shape the health of your gut microbiome. A healthier gut creates the foundation for better digestion, stronger immunity, balanced hormones, improved metabolism, and long-term wellness.

GUT DYSBIOSIS

THE HIDDEN IMBALANCE BEHIND MANY MODERN HEALTH PROBLEMS



Most people think digestive problems occur only when they experience bloating, acidity, or constipation.

However, the health of your gut depends on something much deeper—the balance of trillions of microorganisms living inside your digestive system.

When beneficial bacteria outnumber harmful microorganisms, the gut functions efficiently. But when harmful bacteria begin to dominate, the delicate balance of the microbiome is disturbed.

THIS IMBALANCE IS KNOWN AS GUT DYSBIOSIS.

Today, Gut Dysbiosis is increasingly recognised as one of the major contributors to chronic digestive and metabolic disorders.

WHAT IS GUT DYSBIOSIS?

Gut Dysbiosis refers to an unhealthy imbalance between beneficial and harmful microorganisms living inside the digestive tract.

IN A HEALTHY GUT:

- Beneficial bacteria digest food efficiently.
- Nutrients are absorbed properly.
- Harmful microbes remain under control.
- The immune system functions normally.
- The intestinal lining remains healthy.

When this balance is disturbed, the digestive system becomes less efficient and inflammation may begin to develop.

COMMON CAUSES OF GUT DYSBIOSIS

Modern lifestyles can significantly reduce beneficial gut bacteria.

- Frequent consumption of processed foods
- Diets low in fibre
- Excess sugar intake
- Frequent antibiotic use
- Chronic stress
- Poor sleep quality
- Irregular meal timings
- Sedentary lifestyle
- Excess alcohol
- Smoking
- Environmental toxins
- Repeated digestive infections

Even small daily habits, when continued for years, can gradually alter the gut microbiome.

HOW GUT DYSBIOSIS AFFECTS THE BODY

The effects of gut imbalance extend far beyond digestion.

- Bloating
- Acidity
- Constipation
- Loose stools
- Food intolerances
- Poor nutrient absorption
- Low energy
- Sugar cravings
- Weight gain
- Insulin resistance
- Fatty liver
- Hormonal imbalance
- Skin conditions
- Frequent infections
- Brain fog
- Mood disturbances

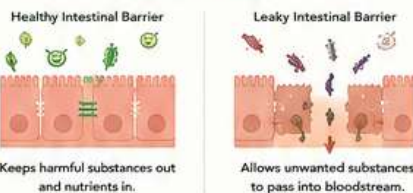
This is why gut health influences almost every system of the body.

THE LEAKY GUT CONNECTION

The intestinal lining acts as a protective barrier between the digestive tract and the bloodstream. When prolonged inflammation damages this barrier, its permeability may increase.

THIS CONDITION IS COMMONLY REFERRED TO AS:

LEAKY GUT



When the intestinal barrier becomes compromised, immune activation and chronic inflammation may occur.

Note: Research into intestinal permeability is still evolving. Maintaining a healthy gut barrier is considered an important aspect of digestive health.

WARNING SIGNS OF GUT DYSBIOSIS

Your body may be signalling that your gut needs attention if you frequently experience:

- Bloating after meals
- Excess gas
- Acidity
- Constipation
- Loose stools
- Bad breath
- Food sensitivities
- Frequent sugar cravings
- Persistent fatigue
- Skin problems
- Poor immunity
- Difficulty losing weight

If these symptoms occur regularly, it may be time to evaluate your digestive health.

HOW TO RESTORE GUT BALANCE NATURALLY

Fortunately, the gut microbiome has an incredible ability to recover when given the right environment.

- Eating a wide variety of vegetables
- Including fibre-rich foods daily
- Consuming fermented foods when appropriate
- Staying physically active
- Managing stress
- Sleeping 7–8 hours
- Drinking adequate water
- Eating meals at consistent times
- Avoiding unnecessary antibiotics
- Spending time outdoors

The microbiome responds positively to consistent healthy habits.



THE LIVINE APPROACH TO GUT HEALING

At Livine Holistic Wellness, we do not simply aim to reduce digestive symptoms. Our goal is to understand why those symptoms developed in the first place.

OUR ROOT-CAUSE APPROACH FOCUSES ON:

- Restoring microbial balance
- Supporting digestion
- Improving gut barrier health
- Reducing inflammation
- Optimizing nutrition
- Correcting lifestyle factors
- Building sustainable habits

Because lasting digestive health is built from the inside out.

LIVINE INSIGHT

Every meal, every hour of sleep, every stressful day, and every lifestyle choice influences the health of your gut microbiome.

When you nourish your beneficial bacteria consistently, they work continuously to support better digestion, stronger immunity, improved metabolism, balanced hormones, and lifelong wellness.

“Healing your gut is not a quick fix—it is a journey of restoring balance, one healthy habit at a time.”



A HEALTHY GUT IS THE FOUNDATION OF A HEALTHY LIFE.

THE 7-DAY GUT HEALING RESET

Simple Daily Habits to Nourish Your Gut Naturally



Improving gut health does not require expensive supplements or extreme diets. Your digestive system responds remarkably well to small, consistent lifestyle changes.

This 7-day reset is designed to help you build healthy habits that support:



Remember, this is not a detox or a crash diet. It is simply a gentle reset for your digestive system.

EVERYDAY FOUNDATION HABITS

Follow these habits every day throughout the week:

- Drink 2.5–3 litres of water daily.
- Fill half your plate with colourful vegetables.
- Include one source of natural fibre at every meal.
- Walk for 10–15 minutes after lunch and dinner.
- Sleep for 7–8 hours each night.
- Practice 10 minutes of deep breathing or meditation.
- Avoid packaged and ultra-processed foods as much as possible.

DAY 1

Hydrate & Reset

MORNING

- Start your day with warm water.
- Eat a fibre-rich breakfast.



FOCUS:
Hydration is one of the simplest ways to support healthy digestion and bowel movements.

DAY 2

Feed Your Good Bacteria

TODAY'S GOAL

Include at least five different vegetables during the day.

EXAMPLES:

- Spinach
- Bottle gourd
- Carrot
- Cucumber
- Capsicum



Greater plant diversity helps nourish a more diverse gut microbiome.

DAY 3

Eat Mindfully

TODAY, SLOW DOWN.

- Sit while eating.
- Chew every bite thoroughly.
- Avoid screens during meals.
- Stop eating when comfortably satisfied.



Good digestion begins in the mouth.

DAY 4

Move After Meals

Walk for 10–15 minutes after lunch and dinner.

BENEFITS INCLUDE:

- Better digestion
- Improved blood sugar regulation
- Reduced bloating
- Improved circulation



Small movement creates significant long-term benefits.

FOODS TO INCLUDE THIS WEEK

- Fresh vegetables
- Seasonal fruits
- Whole grains
- Lentils
- Beans
- Homemade curd (if suitable)
- Buttermilk (if suitable)
- Nuts
- Seeds
- Adequate water



DAY 5

Prioritize Gut-Friendly Foods

Choose simple home-cooked meals today.

INCLUDE:

- Fresh vegetables
- Whole grains
- Lentils
- Fresh fruits
- Nuts & seeds



REDUCE:

- Fried foods
- Sugary beverages
- Highly processed snacks



DAY 6

Reduce Stress

Your gut and brain are constantly communicating.

TODAY'S PRACTICE:

- 10 minutes of Anulom Vilom
- 5 minutes of gratitude
- Spend time outdoors



A calm mind supports a healthier gut.

DAY 7

Rest, Reflect & Recharge

Take a few moments to reflect on the week.

ASK YOURSELF:

- Do I feel lighter?
- Is my digestion improving?
- Do I have more energy?
- Which healthy habit was easiest to maintain?



Small improvements become lasting lifestyle changes.

FOODS TO LIMIT

- Ultra-processed foods
- Sugary drinks
- Excess sweets
- Deep-fried foods
- Excess alcohol
- Frequent fast food
- Excessive late-night eating



Healthy bacteria thrive on healthy habits.

You don't need to change everything overnight. When you nourish your gut consistently through wholesome food, mindful eating, movement, quality sleep, and stress management, your digestive system gradually begins to restore its natural balance.



ONE HEALTHY DAY becomes



ONE HEALTHY WEEK becomes



A HEALTHIER LIFE

FEED YOUR GUT, FEED YOUR HEALTH

→ Simple Indian Foods That Naturally Support a Healthy Gut ←

Every meal you eat shapes your gut microbiome. Some foods nourish the beneficial bacteria that protect your digestion and overall health, while others encourage the growth of harmful microbes.

The good news is that your daily Indian meals already contain many foods that naturally support a healthier gut.

Good food creates a healthy gut. A healthy gut creates a healthy life.

You don't need expensive superfoods—just wholesome, minimally processed foods eaten consistently.

THE FIVE PILLARS OF A GUT-HEALTHY PLATE

1 COLOURFUL VEGETABLES

Vegetables provide dietary fibre and plant compounds that nourish beneficial gut bacteria. Aim to include a variety of colours every day.



- Spinach
- Bottle gourd
- Ridge gourd
- Pumpkin
- Carrot
- Beetroot
- Cucumber
- Capsicum
- Cabbage
- Broccoli

GOAL: At least 3–5 different vegetables daily.

2 HIGH-FIBRE WHOLE GRAINS

Whole grains provide complex carbohydrates that act as fuel for beneficial bacteria.



- Millets
- Brown rice
- Hand-pounded rice
- Whole wheat
- Jowar
- Bajra
- Ragi
- Oats

Limit refined flour (maida)-based foods whenever possible.

3 PLANT PROTEINS

Protein supports tissue repair and helps improve satiety.



- Moong
- Masoor
- Chana
- Rajma
- Black chana
- Soy products
- Paneer (in moderation)
- Sprouts

Aim to include a protein source with every major meal.

4 NATURAL FERMENTED FOODS

Fermented foods introduce beneficial microorganisms and support microbial diversity.



- Homemade curd (if tolerated)
- Buttermilk
- Homemade fermented dosa or idli batter
- Naturally fermented vegetables

Always choose freshly prepared, homemade options over commercially processed products.

5 HEALTHY FATS

Healthy fats support nutrient absorption and overall digestive health.



- Nuts
- Seeds
- Groundnuts
- Flaxseeds
- Sesame seeds
- Pumpkin seeds
- Coconut (in moderation)

Use traditional cooking oils in appropriate quantities.

FOODS YOUR GUT LOVES

- ✓ Fresh seasonal vegetables
- ✓ Seasonal fruits
- ✓ Whole grains
- ✓ Lentils and legumes
- ✓ Sprouts
- ✓ Homemade curd (if suitable)
- ✓ Buttermilk
- ✓ Nuts and seeds
- ✓ Herbs and spices
- ✓ Adequate water



FOODS THAT MAY DISTURB GUT HEALTH

- ✗ Ultra-processed foods
- ✗ Sugary beverages
- ✗ Excess sweets
- ✗ Refined flour products
- ✗ Deep-fried foods
- ✗ Artificially coloured foods
- ✗ Packaged snacks
- ✗ Excess alcohol
- ✗ Excessive late-night eating



GUT-FRIENDLY SPICES FROM YOUR KITCHEN

Indian kitchens naturally contain many spices that support digestion. Include regularly:



Use them as part of balanced meals rather than as miracle remedies.

SIMPLE DAILY HABITS FOR BETTER DIGESTION

- ⌚ Eat meals at a regular times.
- 💧 Drink enough water throughout the day.
- 👤 Chew your food thoroughly.
- 🚶 Walk for 10-15 minutes after meals.
- 🚫 Avoid overeating.
- 🛌 Avoid lying down immediately after eating.
- 👤 Eat without distractions.
- 🌙 Finish dinner at least 2-3 hours before bedtime.

BUILD YOUR GUT-HEALTHY PLATE



LIVINE INSIGHT

The best diet for your gut isn't the most expensive one—it's the one built around fresh, wholesome, home-cooked food eaten consistently.

Every healthy meal is an opportunity to nourish your microbiome, improve digestion, strengthen immunity, and support lifelong wellness.

At Livine Holistic Wellness, we believe that the journey to healing begins with the food on your plate—one meal at a time.



NOURISH YOUR GUT



IMPROVE DIGESTION



LIVE BETTER EVERY DAY

4 DELICIOUS GUT-FRIENDLY INDIAN RECIPES

Nourish Your Microbiome with Simple Homemade Meals

Healthy eating doesn't have to be complicated.

Traditional Indian kitchens are naturally rich in ingredients that support digestion, nourish beneficial gut bacteria, and provide wholesome nutrition.

Here are four simple recipes that are both delicious and gut-friendly.



1 RECIPE 1 Vegetable Moong Dal Khichdi



WHY IT'S GOOD FOR YOUR GUT

This comforting one-pot meal is easy to digest and rich in fibre, plant protein, and essential nutrients.

INGREDIENTS

- ½ cup yellow moong dal
- ½ cup hand-pounded rice
- Carrot (chopped)
- Bottle gourd (chopped)
- Spinach (chopped)
- Turmeric



BENEFITS

- ✓ Easy to digest
- ✓ Rich in fibre
- ✓ Supports healthy digestion
- ✓ Suitable during digestive discomfort

2 RECIPE 2 Homemade Vegetable Raita



WHY IT'S GOOD FOR YOUR GUT

Homemade curd contains beneficial bacteria that help support microbial diversity when tolerated.

BENEFITS

- ✓ Supports beneficial bacteria
- ✓ Refreshing during summer
- ✓ Good source of protein
- ✓ Supports digestion

i Avoid if dairy is not suitable for you.



3 RECIPE 3 Sprouted Moong Salad



WHY IT'S GOOD FOR YOUR GUT

Sprouts provide fibre, plant protein, vitamins, and minerals while adding variety to the diet.

INGREDIENTS

- Sprouted green moong
- Tomato (chopped)
- Cucumber (chopped)
- Onion (optional)
- Lemon juice
- Coriander leaves (chopped)
- Roasted cumin powder
- Rock salt to taste

BENEFITS

- ✓ Rich in fibre
- ✓ Supports gut bacteria
- ✓ High in plant protein
- ✓ Keeps you full longer

4 RECIPE 4 Mixed Vegetable Millet Upma



WHY IT'S GOOD FOR YOUR GUT

Millets provide complex carbohydrates and fibre that support healthy digestion and sustained energy.

BENEFITS

- ✓ High in fibre
- ✓ Supports bowel regularity
- ✓ Naturally gluten-free
- ✓ Sustained energy release

INGREDIENTS

- Foxtail millet (or little millet)
- Carrot (chopped)
- Beans (chopped)
- Peas
- Curry leaves
- Mustard seeds
- Ginger (grated)
- Turmeric
- Lemon juice
- Rock salt to taste
- Water



HEALTHY COOKING TIPS

- Prefer freshly prepared meals.
- Include vegetables in every meal.
- Use traditional spices like cumin, ginger, turmeric, coriander, and fennel.
- Avoid excessive frying.
- Eat slowly and chew food thoroughly.
- Drink water between meals rather than during large meals.



LIVINE RECIPE TIP

Simple homemade food prepared with fresh ingredients often nourishes your gut far better than expensive packaged "health foods."



LIVINE INSIGHT

Your kitchen can become your first wellness clinic.

Every wholesome meal feeds not only your body but also the trillions of beneficial bacteria working silently to protect your digestion, immunity, metabolism, and long-term health.

Small improvements in your plate today can create lasting improvements in your health tomorrow.



NOURISH
YOUR GUT



STRENGTHEN
YOUR IMMUNITY



IMPROVE DIGESTION
NATURALLY



BOOST ENERGY
THE NATURAL WAY



LIVE BETTER
EVERY DAY

AGNI: THE FOUNDATION OF HEALTH

How Ayurveda Views Digestion, Gut Health & Disease

Long before the discovery of the gut microbiome, Ayurveda recognized that good health begins with a healthy digestive system.

According to Ayurveda, the strength of our digestion influences every aspect of health—from energy and immunity to metabolism, mental clarity, and longevity.

At the heart of this philosophy is a powerful concept known as **Agni**, often described as the body's digestive and metabolic fire.



Ayurveda teaches that when **Agni** is strong, the body digests food efficiently, absorbs nutrients properly, eliminates waste effectively, and maintains balance.

When **Agni** becomes weak or disturbed, digestion suffers and the foundation for many health problems begins to develop.

WHAT IS AGNI?



Agni is much more than stomach acid or digestive enzymes.

It represents the body's overall ability to:

- digest food
- absorb nutrients
- transform nourishment into energy
- and eliminate waste products efficiently.

Healthy Agni supports:



Ayurveda considers balanced Agni to be one of the most important pillars of long-term health.

AMA – WHEN DIGESTION BECOMES WEAK

When food is not digested efficiently, Ayurveda describes the formation of **Ama**.

Ama refers to improperly digested metabolic waste that gradually accumulates within the body.

Ama may be associated with:

- Heaviness after meals
- Bloating
- Sluggish digestion
- Coated tongue
- Fatigue
- Loss of appetite
- Unpleasant body odour
- Brain fog
- Reduced vitality

Preventing the accumulation of **Ama** begins with improving digestion rather than merely suppressing symptoms.

DAILY HABITS THAT STRENGTHEN AGNI

- Eat meals at regular times.
- Prefer freshly prepared food.
- Eat only when genuinely hungry.
- Chew food thoroughly.
- Avoid overeating.
- Limit frequent snacking.
- Sit calmly while eating.
- Finish dinner at least 2-3 hours before bedtime.
- Sleep on time.

Small daily habits often have a greater impact than complicated diets.

AYURVEDIC SPICES THAT SUPPORT DIGESTION

Traditional Indian kitchens contain several spices that have long been used to support healthy digestion.



These spices work best when used regularly as part of balanced home-cooked meals.

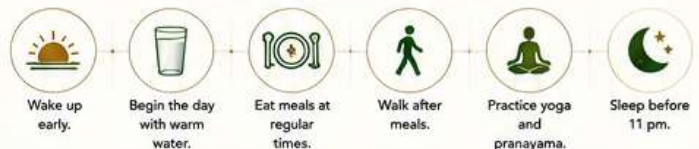
DINACHARYA – THE POWER OF DAILY ROUTINES

Ayurveda teaches that good digestion is not created only by food—it is also influenced by lifestyle.

A healthy daily routine (Dinacharya) supports:



Simple practices include:



Consistency is one of Ayurveda's greatest medicines.

GUT HEALTH THROUGH THE AYURVEDIC LENS

According to Ayurveda, many digestive problems may arise due to:

- Weak Agni
- Accumulation of Ama
- Irregular eating habits
- Emotional stress
- Excessive processed foods
- Disturbed sleep
- Poor lifestyle routines



Rather than treating digestion as an isolated organ, Ayurveda views the digestive system as the centre of overall health.

THE LIVINE INTEGRATIVE APPROACH

At Livine Holistic Wellness, we combine the timeless wisdom of Ayurveda with modern Functional Medicine and Clinical Nutrition.

Our approach focuses on:

- Supporting healthy digestion
- Restoring gut balance
- Improving nutrient absorption
- Reducing inflammation
- Correcting lifestyle habits
- Building sustainable long-term wellness

Because true healing begins by restoring balance from within.

LIVINE INSIGHT

"When digestion is strong, nourishment reaches every cell. When digestion is disturbed, the entire body feels the effect."

By combining traditional Ayurvedic wisdom with modern scientific understanding, we can create a sustainable path toward better digestion, stronger immunity, improved metabolism, and lifelong wellness.

Healing begins with caring for your digestive fire—one mindful meal, one healthy habit, and one balanced day at a time.



STRONG AGNI
BETTER DIGESTION



BALANCED GUT
STRONGER IMMUNITY



BALANCED HABITS
BETTER HEALTH



ANCIENT WISDOM
TIMELESS HEALING

MOVE TO IMPROVE YOUR GUT

— Simple Yoga, Walking & Breathing Practices for Better Digestion —

Movement is one of the simplest and most effective ways to support digestive health.

A sedentary lifestyle may slow digestion, reduce gut motility, increase stress, and negatively influence the gut microbiome.

Even gentle daily movement can improve blood circulation, stimulate digestive function, reduce bloating, and support overall gut health.

The goal isn't intense exercise—it's consistent movement.



WHY MOVEMENT MATTERS FOR YOUR GUT

- Improve digestive motility
- Reduce constipation
- Support a healthy gut microbiome
- Improve blood sugar regulation
- Reduce stress hormones
- Enhance metabolism
- Improve sleep quality
- Increase overall energy

Even 30 minutes of daily movement can make a meaningful difference over time.



DAILY WALKING PROTOCOL

Walking is one of the safest and most accessible forms of exercise.

MORNING WALK

20–30 minutes at a comfortable pace.



Prefer parks or green spaces when possible.

AFTER MEALS

Walk for 10–15 minutes after lunch and dinner.



BENEFITS INCLUDE

- ✓ Improved digestion
- ✓ Reduced bloating
- ✓ Better blood sugar balance
- ✓ Enhanced circulation



Small walks after meals can become one of the most powerful habits for long-term metabolic and digestive health.

YOGA ASANAS FOR DIGESTIVE HEALTH

Practice these gentle yoga postures daily, if comfortable.

1 VAJRASANA



- Sit for 5–10 minutes after meals.

Supports:

- Digestion
- Better blood flow to digestive organs

2 MARJARIASANA (CAT-COW STRETCH)



Helps:

- Improve spinal mobility
- Massage abdominal organs
- Support digestion

3 PAWANMUKTASANA (WIND-RELIEVING POSE)



May help:

- Reduce bloating
- Relieve gas
- Improve digestive comfort

4 BHUJANGASANA (COBRA POSE)



Supports:

- Gentle abdominal stretching
- Improved posture
- Better circulation

5 BALASANA (CHILD'S POSE)



Promotes:

- Relaxation
- Gentle abdominal release
- Stress reduction

Always practise within your comfort level and consult a healthcare professional if you have injuries or medical limitations.



PRANAYAMA FOR A HEALTHIER GUT

The gut and brain are closely connected. Simple breathing practices may help calm the nervous system and support healthy digestion.

1 ANULOM VILOM 10 minutes daily



Supports:

- Relaxation
- Balanced breathing
- Stress management

2 BHRAMARI PRANAYAMA 5 minutes daily



May help:

- Calm the mind
- Reduce mental stress
- Promote emotional well-being

3 DEEP DIAPHRAGMATIC BREATHING 5 minutes before meals



Slow, relaxed breathing prepares the body for better digestion by encouraging a calm, "rest and digest" state.



DAILY MOVEMENT CHECKLIST

- ☒ Walk 30 minutes
- ☒ Walk after lunch
- ☒ Walk after dinner
- ☒ Stretch for 10 minutes
- ☒ Practise yoga
- ☒ Perform pranayama
- ☒ Avoid sitting continuously for more than 45–60 minutes



LIVINE INSIGHT

"Exercise is not just for your muscles—it is nourishment for your digestive system, metabolism, and mind."

When movement, mindful breathing, quality nutrition, and adequate rest become part of your daily routine, your gut receives the environment it needs to heal and thrive.

At Livine Holistic Wellness, we believe that every step you take is a step toward better digestion, stronger immunity, and lifelong wellness.



CREATE A GUT-FRIENDLY DAILY ROUTINE

MORNING

- Wake up on time
- Hydrate
- Walk or practise yoga

DAYTIME

- Avoid prolonged sitting
- Stretch regularly
- Walk after meals

EVENING

- Gentle walk
- Breathing exercises
- Relax before bedtime

Consistency is more beneficial than occasional intense workouts.



MOVE DAILY
DIGEST BETTER



BREATHE DEEPLY
STRESS LESS



STAY CONSISTENT
SEE RESULTS



NOURISH YOUR GUT
HEAL YOUR BODY



LIVINE
HOLISTIC WELLNESS



YOUR GUT HAS A SECOND BRAIN

Understanding the Powerful Connection Between Digestion, Emotions & Mental Well-being

Have you ever noticed that stress can cause stomach discomfort? Or that nervousness before an important event can lead to nausea, acidity, or loose stools? These experiences are not just coincidences.

Your digestive system and brain are constantly communicating through an intricate network known as the **Gut-Brain Axis**.

This two-way communication influences not only digestion but also your mood, energy, sleep, appetite, and overall health.

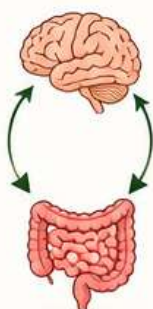
A healthy gut supports a healthy mind, and a calm mind supports a healthy gut.

WHAT IS THE GUT-BRAIN AXIS?

The Gut-Brain Axis is the communication pathway between your digestive system and your brain.

This connection involves:

- The nervous system
- Hormonal signals
- The immune system
- The gut microbiome



Messages travel continuously between the gut and the brain, influencing how both function. This is why emotional stress can affect digestion, and digestive problems can influence emotional well-being.

HOW STRESS AFFECTS YOUR GUT

When you experience chronic stress, your body enters a "fight or flight" state. During this time, digestion is no longer the body's priority.

Chronic stress may contribute to:

- Reduced digestive efficiency
- Bloating
- Acidity
- Constipation
- Loose stools
- Changes in appetite
- Increased sugar cravings
- Poor sleep
- Fatigue

Over time, unmanaged stress may also disturb the balance of the gut microbiome.

HOW YOUR GUT AFFECTS YOUR MIND

A healthy gut microbiome plays an important role in supporting emotional well-being.

When the gut is balanced, many people experience:

- Better energy
- Improved concentration
- More stable mood
- Better sleep
- Reduced brain fog
- Improved overall sense of well-being



When gut health is compromised, these areas may also be affected.

SIGNS YOUR GUT AND MIND MAY BE OUT OF BALANCE

- Stress-related acidity
- Digestive discomfort during anxiety
- Emotional eating
- Sugar cravings
- Fatigue despite adequate sleep
- Poor concentration
- Irritability
- Feeling mentally "drained"

These signs highlight the close relationship between emotional health and digestive wellness.

DAILY HABITS TO SUPPORT BOTH GUT & MIND

- Practice Mindful Eating**
 Eat slowly without screens or distractions.
- Prioritize Quality Sleep**
 Aim for 7-8 hours of restful sleep.
- Move Every Day**
 Walking and yoga help support digestion while reducing stress.
- Practice Deep Breathing**
 Spend 5-10 minutes daily practising slow breathing or meditation.
- Spend Time in Nature**
 Natural surroundings help calm the nervous system.
- Stay Connected**
 Healthy relationships and meaningful conversations contribute to emotional well-being.

YOUR DAILY CALM ROUTINE

MORNING

- Warm water
- 10 minutes of meditation
- Morning walk



THROUGHOUT THE DAY

- Eat mindfully
- Stay hydrated
- Take short movement breaks



EVENING

- Gentle walk after dinner
- Limit screen time
- Sleep before 11 pm



Small routines repeated every day create lasting changes.

THE LIVINE HOLISTIC APPROACH

At Livine Holistic Wellness, we believe that digestive health cannot be separated from emotional health.

Our integrative approach focuses on:

- Gut restoration
- Stress management
- Mindful nutrition
- Yoga & breathing practices
- Healthy sleep
- Sustainable lifestyle habits

Because healing is most effective when we care for both the body and the mind together.

LIVINE INSIGHT

"A calm mind supports a healthy gut, and a healthy gut supports a calm mind."

True wellness begins when we nourish not only our body with wholesome food but also our mind with rest, movement, mindfulness, and meaningful daily habits.

When the gut and the mind work in harmony, the entire body benefits.



HEAL YOUR GUT



CALM YOUR MIND



RESTORE BALANCE



LIVE BETTER EVERY DAY



LIVINE
HOLISTIC WELLNESS

FROM YEARS OF CONSTIPATION & ACIDITY TO COMFORTABLE DIGESTION

How Sarojben Regained Her Gut Health
Naturally at the Age of 70



PATIENT PROFILE



Name:
Sarojben



Age:
70 Years



Program:
Livine Holistic
Gut Health
Program

“ I had accepted constipation, acidity and digestive discomfort as a part of growing older. Today I feel lighter, my digestion is comfortable, and I enjoy my meals again. I never imagined such simple lifestyle changes could make such a difference.

– Sarojben, 70 Years ”



THE INITIAL CHALLENGES

When Sarojben first visited Livine Holistic Wellness, she had been living with digestive discomfort for several years.

- Chronic constipation
- Acidity after meals
- Frequent bloating
- Poor appetite
- Fibromyalgia
- Chronic fatigue
- Low body weight (45 kg)
- Reduced quality of life due to persistent digestive discomfort

Simple daily activities had become difficult because she constantly felt uncomfortable after eating.



UNDERSTANDING THE ROOT CAUSE

Rather than treating constipation and acidity as isolated problems, the Livine team focused on understanding the underlying causes affecting her digestive health.

Several contributing factors were identified, including:

- Weak digestive function
- Irregular bowel habits
- Poor gut health
- Lifestyle-related stress
- Inadequate dietary balance
- Reduced physical activity

The goal was to restore digestive balance naturally through an integrative, root-cause approach.



THE TRANSFORMATION

Over the following months, Sarojben experienced gradual improvements in her digestive health and overall well-being.

- Regular bowel movements
- Significant reduction in constipation
- Reduced acidity
- Less bloating and abdominal discomfort
- Better appetite
- Improved digestion
- Increased energy levels
- Greater comfort after meals
- Better quality of life



★ THE BIGGEST CHANGE

“ The biggest happiness was being able to enjoy my meals again without worrying about acidity or constipation. I feel healthier, lighter, and much more energetic. ”



LESSONS FROM HER JOURNEY



Digestion Can Improve at Any Age

Age should never be considered a barrier to better digestive health.



Constipation Is Not “Normal”

Persistent constipation and acidity should not be accepted as part of aging. They deserve proper evaluation and long-term lifestyle support.



Healing Begins with the Gut

When digestion improves, appetite, energy, comfort, and overall well-being often improve too.



Small Habits Create Big Results

Consistent improvements in nutrition, meal timing, movement, hydration, sleep, and stress management can create meaningful long-term health benefits.



LIVINE'S PHILOSOPHY

At Livine Holistic Wellness, we believe digestive health is the foundation of overall health.

By combining Functional Medicine, Ayurveda, Clinical Nutrition, Lifestyle Medicine, and sustainable habit transformation, we help individuals restore balance from the inside out.



LIVINE INSIGHT

“A healthy gut has the power to transform much more than digestion—it can improve energy, comfort, confidence, and quality of life.”

Every person's healing journey is unique. With the right guidance, consistent lifestyle changes, and a root-cause approach, lasting improvements in digestive health are possible.



REAL PEOPLE.
REAL STORIES.



REAL HEALING.
REAL RESULTS.



LIVINE
HOLISTIC WELLNESS

HEAL YOUR GUT.
HEAL YOUR LIFE.



HEAL YOUR GUT. HEAL YOUR LIFE.

Introducing the Livine Holistic Gut Health Program

Digestive symptoms such as bloating, acidity, constipation, irregular bowel movements, food intolerances, and poor digestion are often signs that your body needs support—not just symptom suppression.

At Livine Holistic Wellness, we believe that sustainable healing begins by identifying and addressing the root causes affecting your digestive health.

Our **Livine Holistic Gut Health Program** combines Functional Medicine, Ayurveda, Clinical Nutrition, Lifestyle Medicine, and personalized coaching to help restore digestive balance naturally.



WHO MAY BENEFIT?

This program is designed for individuals experiencing:

- ✓ Chronic constipation
- ✓ Acidity or acid reflux
- ✓ Bloating and excessive gas
- ✓ Irritable bowel symptoms
- ✓ Poor digestion
- ✓ Food intolerances
- ✓ Irregular bowel movements
- ✓ Gut inflammation
- ✓ Low energy related to digestive health
- ✓ Frequent antibiotic use history
- ✓ Lifestyle-related digestive concerns

OUR ROOT-CAUSE APPROACH

Instead of focusing only on symptoms, we assess multiple factors that influence gut health:

- Gut microbiome balance
- Nutrition and meal quality
- Stress and the gut-brain connection
- Sleep quality
- Physical activity
- Medical history and medications
- Digestive efficiency
- Sustainable lifestyle habits

Understanding the root cause is the first step toward lasting healing.

WHAT THE PROGRAM INCLUDES

- Personalized Health Assessment**
A detailed evaluation of your health history, lifestyle, nutrition, and digestive concerns.
- Individualized Nutrition Plan**
Practical Indian meal plans designed to support healthy digestion and nourish your gut.
- Ayurveda Integration**
Personalized Ayurvedic guidance to strengthen digestion and promote balance.
- Functional Supplement Guidance**
Evidence-informed recommendations where appropriate to support gut health.
- Lifestyle Coaching**
Daily habits focused on movement, hydration, sleep, stress management, and meal timing.
- Ongoing Follow-Up**
Regular monitoring, education, motivation, and personalized guidance throughout your journey.

OUR INTEGRATIVE PILLARS

- Functional Medicine
- Ayurveda
- Clinical Nutrition
- Lifestyle Medicine
- Yoga & Breathing Practices
- Habit Transformation
- Patient Education
- Long-Term Wellness



THIS MONTH'S WELLNESS CHALLENGE

THE 15-MINUTE POST-MEAL WALK CHALLENGE

- Walk for 10–15 minutes after lunch.
- Walk for 10–15 minutes after dinner.
- Track your consistency every day.

Small habits practised consistently often produce meaningful long-term results.



HEALTHY HABIT OF THE MONTH

EAT SLOWLY. CHEW THOROUGHLY.

Before reaching for digestive medicines, try this simple habit:



Sit down while eating.



Avoid mobile phones and television.



Chew every bite thoroughly.



Finish your meal without rushing.

Digestion begins in the mouth, not the stomach.



CONNECT WITH LIVINE

If you or your loved ones are struggling with digestive problems, remember that lasting healing is possible with the right guidance and a structured approach.

We are here to support your journey toward better digestion, improved energy, and lifelong wellness.



+91 9825783153



livinefitness@gmail.com



LIVINE INSIGHT

“Healthy digestion is not just about feeling better after meals—it is the foundation of energy, immunity, metabolism, and long-term health.”



REAL PEOPLE.
REAL STORIES.



REAL HEALING.
REAL RESULTS.



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HOLISTIC WELLNESS



HEAL YOUR GUT.
HEAL YOUR LIFE.

GUT HEALTH MYTHS VS FACTS

SEPARATING FACTS FROM FICTION



The internet is full of advice about digestion, probiotics, detoxes, and gut health. Unfortunately, not all of it is accurate.

Let's clear up some of the most common misconceptions about digestive health.

MYTH

1

FACT

"If I don't have stomach pain, my gut must be healthy."



Gut health affects much more than digestion. A person with an unhealthy gut may experience:

- ✓ Low energy
- ✓ Frequent bloating
- ✓ Food intolerances
- ✓ Skin issues
- ✓ Poor immunity
- ✓ Brain fog
- ✓ Mood changes

Digestive health influences the entire body—not just the stomach.

MYTH

2

FACT

"Taking probiotics alone will fix every gut problem."



Probiotics can be helpful in certain situations, but they are not a complete solution. A healthy gut also depends on:

- ✓ Fibre-rich foods
- ✓ Balanced nutrition
- ✓ Adequate sleep
- ✓ Stress management
- ✓ Regular movement
- ✓ Healthy daily habits

The foundation of gut health is your lifestyle.

MYTH

3

FACT

"Constipation is a normal part of aging."



Although constipation becomes more common with age, persistent constipation should never be considered "normal." It may be influenced by:

- ✓ Low fibre intake
- ✓ Inadequate hydration
- ✓ Reduced physical activity
- ✓ Certain medications
- ✓ Digestive disorders

Addressing the underlying cause is important.

MYTH

4

FACT

"Digestive problems only affect the stomach."



Poor gut health may influence:

- ✓ Immunity
- ✓ Blood sugar regulation
- ✓ Hormonal balance
- ✓ Skin health
- ✓ Mental well-being
- ✓ Energy levels
- ✓ Metabolism

The gut communicates with nearly every major system in the body.

MYTH

5

FACT

"Skipping meals helps improve digestion."



Regular, balanced meals often support healthier digestion. Frequently skipping meals may contribute to:

- ✓ Overeating later
- ✓ Acidity
- ✓ Poor energy
- ✓ Digestive discomfort
- ✓ Unstable eating patterns

Consistency is often more beneficial than restriction.

MYTH

6

FACT

"Healthy packaged foods are always good for your gut."



Many foods labelled as "Healthy", "Natural", "High Fibre", "Multigrain" may still contain:

- ✓ Refined ingredients
- ✓ Added sugars
- ✓ Preservatives
- ✓ Artificial additives

Whenever possible, choose fresh, home-cooked meals made from whole ingredients.

MYTH

7

"Stress has nothing to do with digestion."



Your brain and gut are closely connected through the Gut-Brain Axis.

— Long-term stress may contribute to: —



Acidity



Bloating



Constipation



Loose stools



Changes in appetite



Poor sleep



Altered gut microbiome balance

Managing stress is an important part of improving digestive health.



LIVINE
INSIGHT

A healthy gut is built through everyday habits—not quick fixes.

Wholesome food, mindful eating, quality sleep, regular movement, stress management, and consistency create the strongest foundation for lifelong digestive wellness.



REAL PEOPLE.
REAL STORIES.



REAL HEALING.
REAL RESULTS.



LIVINE
HOLISTIC WELLNESS



HEAL YOUR GUT.
HEAL YOUR LIFE.



LIVINE

HOLISTIC WELLNESS

...towards wholesome health

JULY 2026 EDITION

SECTION 14 – THANK YOU & STAY CONNECTED

THANK YOU FOR BEING A PART OF THE LIVINE FAMILY

Your Journey Towards Better Health
Continues Every Day

Congratulations on completing this month's edition of the
Livine Holistic Wellness Newsletter.

We hope the insights, practical tips, recipes, and wellness strategies
shared in this edition inspire you to take small but meaningful steps
toward a healthier life.

Remember, lasting health is not achieved through quick fixes—
it is built through consistent daily habits.

Every nourishing meal, every peaceful night's sleep, every walk after
dinner, and every mindful choice contributes to a healthier body
and a happier life.



YOUR WELLNESS COMMITMENT

This month, choose one simple habit to
practise every day:

- ☐ Walk for 10–15 minutes after lunch and dinner.
- ☐ Eat at least three varieties of vegetables daily.
- ☐ Chew every bite slowly and mindfully.
- ☐ Drink 2.5–3 litres of water each day.
- ☐ Sleep before 11:00 PM.
- ☐ Practise 10 minutes of deep breathing or meditation.



Remember, consistency is more important than perfection.



COMING NEXT MONTH

AUGUST 2026 EDITION

THYROID & HORMONAL HEALTH

Discover:

- ✓ Understanding thyroid disorders
- ✓ Common causes of hormonal imbalance
- ✓ Nutrition for thyroid health
- ✓ Ayurvedic perspective on hormonal wellness
- ✓ Daily lifestyle habits for better hormone balance
- ✓ Patient success story
- ✓ Healthy thyroid-supportive recipes



Don't miss it!



THIS MONTH'S KEY TAKEAWAYS



A healthy gut supports the health of your entire body.



Food is one of the most powerful tools for healing.



A balanced gut microbiome influences digestion,
immunity, hormones, metabolism, and mental well-being.



Daily movement and mindful eating
improve digestive health.



Stress management and quality sleep
are essential for a healthy gut.



Small, consistent lifestyle changes
create lasting results.



STAY CONNECTED WITH LIVINE

We are committed to helping individuals and families achieve
better health through root-cause healing and sustainable
lifestyle transformation.

Whether your goal is to improve digestion, reverse lifestyle
diseases, restore energy, or simply live a healthier life,
we are here to support your journey.

Connect With Us

- +91 9825783153
- livinefitness@gmail.com
- Livine Holistic Wellness



OUR PHILOSOPHY

We don't just treat diseases.
We help people restore health by addressing the
root causes through:



Functional
Medicine



Ayurveda



Clinical
Nutrition



Lifestyle
Medicine



Yoga &
Mindfulness



Sustainable
Habit
Transformation

FINAL MESSAGE

“Good health is not created in a single day—
it is created by the choices we make every day.”

Thank you for trusting Livine Holistic Wellness to be a part of your wellness journey.
We look forward to meeting you again in the next edition.

Heal Naturally. Live Fully. Live Livine. ♥



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REAL STORIES.



REAL HEALING.
REAL RESULTS.



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HOLISTIC WELLNESS



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