

# High Performance Morning Routine

Start your day prioritising your gut health for a high performance day!

## Step 1: Clean and floss teeth

## Step 2: Drink 1 pint of warm water with:

- + Slice of lemon squeezed in
- + Dash of electrolyte powder
- + Pinch of Himalayan salt
- + Slice of raw root ginger
- + Probiotic

The lemon helps to detoxify the body and regulate gut PH levels (good bacteria works best at optimal PH levels)

The electrolyte powder helps to rehydrate the body so it can absorb the water better.

The pinch of Himalayan salts helps feed the body essential minerals.

The slice of raw ginger helps with digestion for the rest of the day.

The probiotic helps boost the good bacteria army for digestion, feel good mood, and sustained energy levels.

The clean and floss helps remove bad bacteria that affect your gut's good bacteria

This simple morning routine is comprised of tiny actions that have a BIG effect within the body.