

# Heart-Support Gut Basics Checklist

**A one-page reminder of the practical steps that matter before microbiome hype takes over the conversation.**

Use this checklist if you are interested in the gut-heart axis but want to stay focused on actions that are useful now, not speculative shortcuts.

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## Before You Chase Microbiome Hacks

- Keep blood pressure, cholesterol, glucose, medication review, and clinician follow-up on the table.
  - Prioritize a fiber-rich, minimally processed eating pattern you can sustain.
  - Treat probiotics as goal-specific tools, not automatic heart-health upgrades.
  - If you use low FODMAP for IBS symptoms, move into reintroduction and personalization rather than staying in strict restriction long term.
  - Protect the basics that affect both gut and cardiovascular health: sleep, regular movement, smoking status, and stress load.
  - Get prompt medical care for chest pain, shortness of breath, swelling, fainting, or worsening exercise tolerance.
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## Questions Worth Asking Yourself

1. Am I trying to solve a whole-pattern problem with one supplement?
  2. Have my digestive symptoms made it harder to eat well or care for the basics?
  3. Am I using restriction as a long-term strategy when personalization would make more sense?
  4. Do I need a clinician-guided cardiovascular plan more than another gut-health trend?
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## Best Next Routes

- Digestive symptoms first: return to symptom-focused gut-health basics.
  - Restriction has gone on too long: move into reintroduction and personalization.
  - Stress is amplifying symptoms: work on the gut-brain side as well as food.
  - Cardiovascular risk is already known: use the gut-heart axis as support, not as a replacement for medical care.
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*This checklist is for informational purposes only and does not constitute medical advice.*

**Source:** [yourfitnature.com/blog/gut-heart-axis](https://yourfitnature.com/blog/gut-heart-axis)