

BROADCAST-World Digestive Health Day: Daily habits that protect your gut for life

ANCHOR LEAD-IN

Digestive health often gets attention only when something goes wrong. But doctors say long-term gut health is built through simple daily habits. As World Digestive Health Day approaches on May 29th, health experts are encouraging people to focus less on trendy “gut hacks” and more on proven basics.

VO or RADIO PACKAGE

Gastroenterologist Dr. Omar Khokhar (COE-car) says one of the biggest steps people can take is limiting ultra-processed foods, which can be harder on the digestive system and may contribute to inflammation over time.

He says while genetics can play a role in conditions like inflammatory bowel disease and digestive cancers, everyday choices still matter.

Dr. Khokhar says if people only focus on two habits, they should prioritize hydration and fiber.

SOT-Dr. Omar Khokhar

“Flush the pipes. Make sure you drink enough water. Make sure you get enough fiber,” Khokhar says. “If you get enough fiber and you flush your pipes and you’re evacuating your G.I. tract, it’s going to help remove the waste product.” (:18)

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Dr. Khokhar recommends taking a short walk after a meal and choosing foods like fruits, vegetables and lean proteins, especially those found around the perimeter of the grocery store.

And he warns people not to ignore persistent stomach pain or major changes in bowel habits, because those symptoms can sometimes signal more serious conditions, including colon cancer.