**Email Signatures**

"Did you drink water today? 💧 Your gut will thank you! #GoodGutMonth"

"Tried a fermented food lately? 🥬 Your gut microbes love them! #GoodGutMonth"

"Diversity on your plate = diversity in your gut! 🥗 #GoodGutMonth"

"Gut health = mental health. Take care of both! 🧠 #GoodGutMonth"