Curious about gut health? Listen as Cigna’s registered dietician, Denise Arcuri, walks us through how the food we put into our bodies plays a bigger role than most of us may realize.

In this podcast you’ll:
› Become more aware of how the food you eat affects your overall health
› Find out how to activate a gut-healthy diet
› Learn what healthy behaviors you can adopt to maintain ongoing gut health

Listen now to the Physical Well-Being episode: “Love Your Gut.”