

## Gut Health and Digestive Disorders

### Gut Health Checklist

Symptom	Common	Sometimes	Rarely
I regularly have gas			
I suffer from stomach cramps			
I have bloating			
I get diarrhoea			
I get constipation			
I have less than one stool movement per day			
I have undigested food in my stool			
I have mucous in my stool			
I take or have taken laxatives in the past			
I have taken antacids in the past e.g. Nexium, Zantac etc.			
I have taken antibiotics for more than 2 weeks			
I have taken antibiotics in the past 12 months			
I have an auto-immune condition			
I have seasonal allergies			
I have anal itching			
I suffer from a skin condition, rashes or poor skin condition			
I drink coffee or alcohol regularly			
I have foul smelling stools			
After eating, I feel bloated or have gas			
I react to certain foods such as wheat, pasta, dairy etc.			

If you are suffering from 3-4 or more of the above symptoms, particularly in the regular or sometimes columns you likely would benefit from a gut repair protocol.

Gut health is paramount with digestive and gut disorders contributing greatly toward chronic illness. Modification of the diet will assist along with a targeted short term supplement program to soothe, protect and restore the lining of the gastrointestinal tract (GIT).

In cases where the GIT is compromised, food is not broken down properly and nutrients are not absorbed effectively, particles slip through the compromised gap junctions in the gut lining making their way to the bloodstream, setting the scene for food allergies/sensitivities and auto-immune conditions.