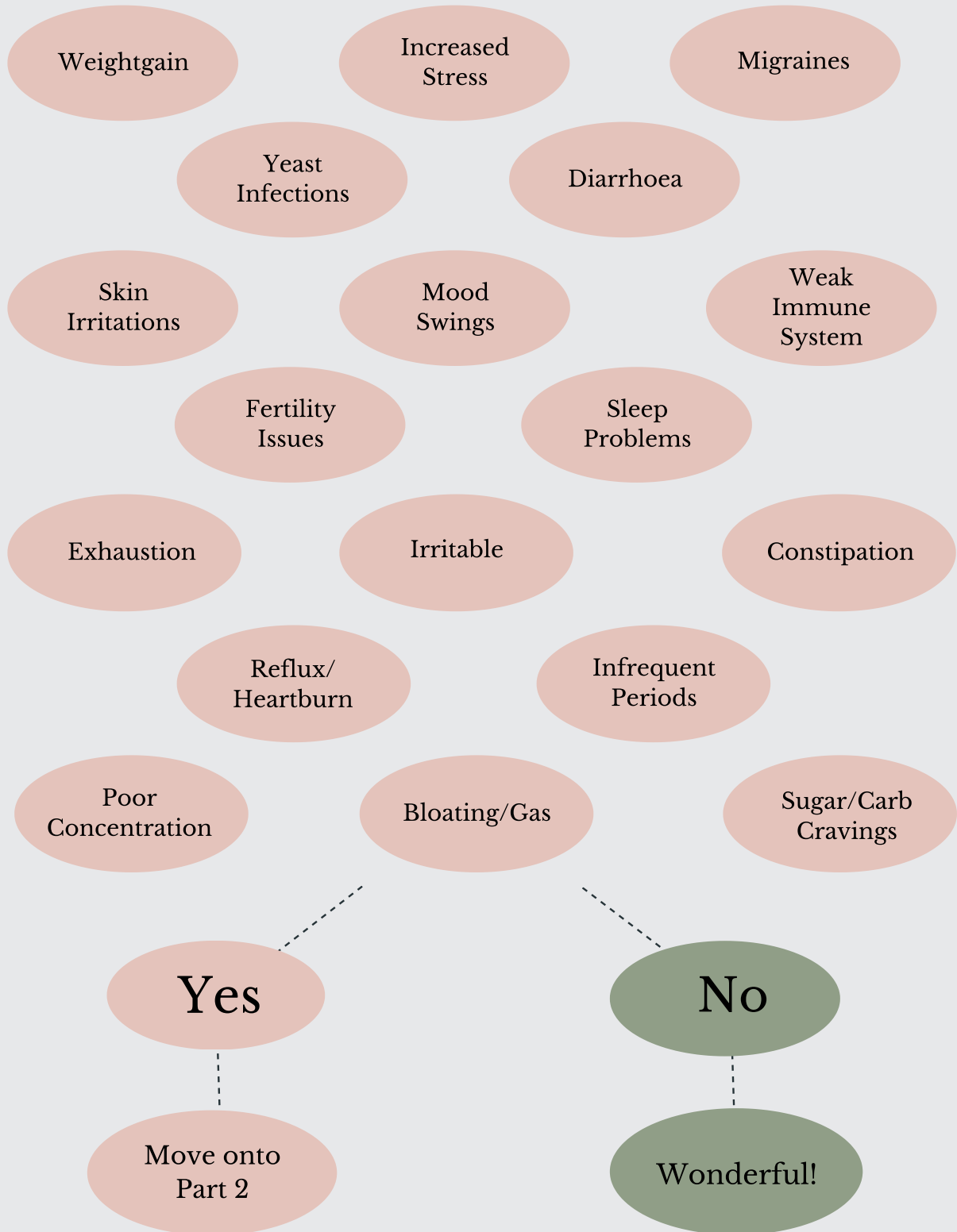
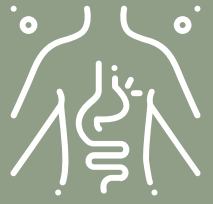




Gut Health Road Map

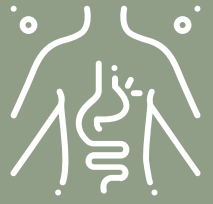
Gut Health Road Map

PART 1: DO YOU EXPERIENCE ANY OF THE FOLLOWING?



Gut Health Road Map

PART 2: FOOD DIARY



Complete a one
week food journal
to help identify:

Food
Triggers

Lifestyle
Triggers

Top Food
Allergens

Dairy	Sugar	Gluten
Soy	Alcohol	Eggs
Corn	Shellfish	Fish

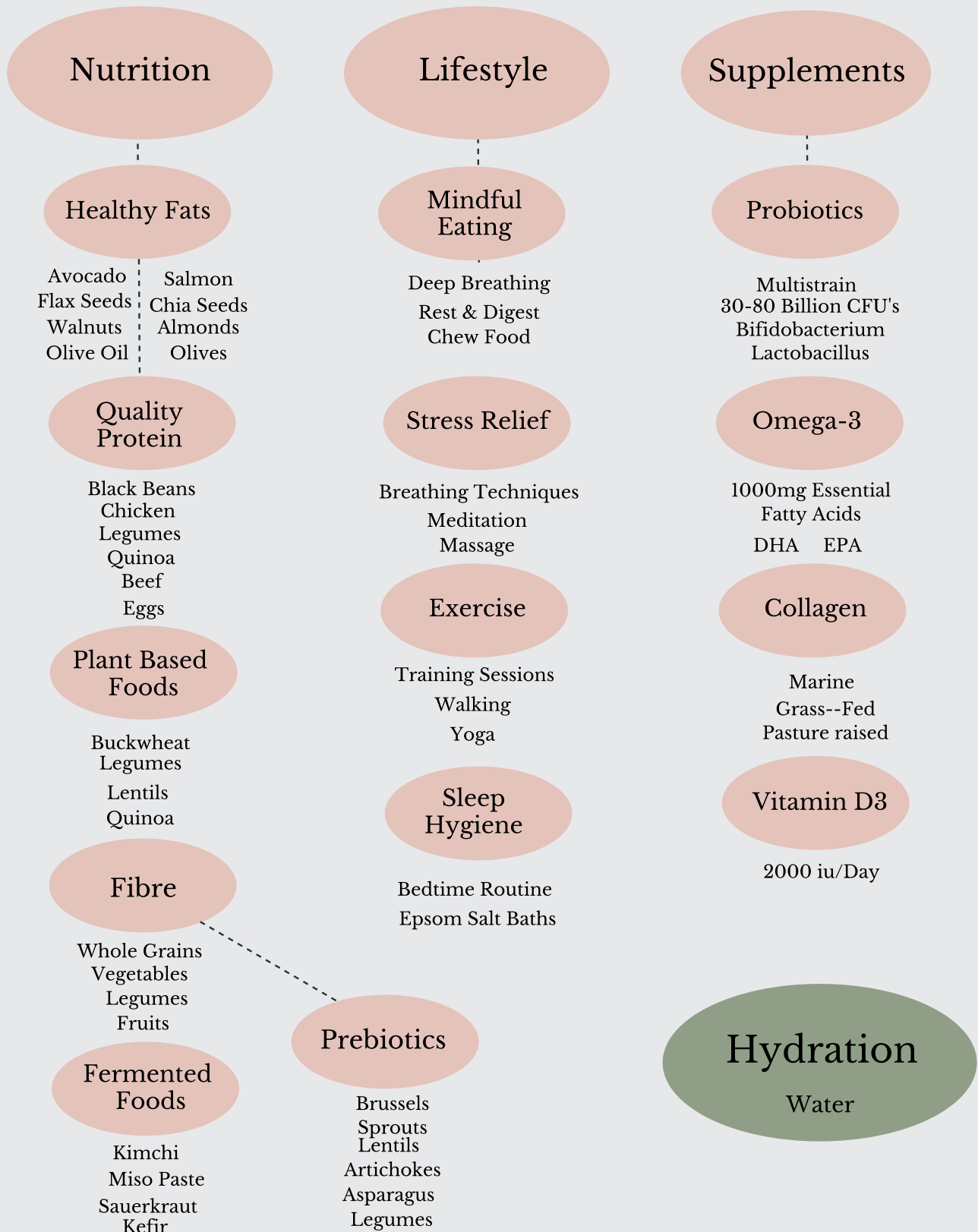
Worklife	Sleep	Stress
Exercise		
Too Much		Not Enough

Remove foods one by one
that you've noticed
recurring symptoms

Lifestyle
Changes

Gut Health Road Map

PART 3: CROWDING OUT WITH NUTRITION, LIFESTYLE AND SUPPLEMENTS:



Disclaimer

The information contained within these materials is for general and informational purposes only. The information is not, nor intended to be, a substitute for professional or clinical advice.

If you have any concerns about your health, please contact your medical doctor or licensed healthcare practitioner.