

# Healthy Gut

## QUIZ

- I crave sugar and/or bread
- I eat the same breakfast most mornings
- I dream of being able to sleep through the night
- I frequently have heartburn, GERD, reflux or acid indigestion
- I frequently feel bloated and gassy and/or drowsy and tired after eating
- I have had times in my life when I frequently had antibiotics i.e. as a child, in my teens or have had a bout of food poisoning in the past 5 years.
- I use name brand shampoos, soaps, laundry products and/or household cleaners
- I take ibuprofen (or other NSAID drugs) or Tylenol regularly
- I have seasonal allergies and/or food allergies, asthma, or eczema
- Depression and/or anxiety can be a part of my life
- Living with an autoimmune disease is a part of my life ie. rheumatoid arthritis, psoriasis, hashimoto's, multiple sclerosis or inflammatory bowel disease

### How healthy is your gut?

#### SCORE 0 - 3

Hello gut health champion! It would seem your flora is flourishing and your good health will attest to that. You are WINNING!

#### SCORE 4 - 6

We all need a tune-up once in awhile and it would seem it's time for your gut health check. Perhaps you have unrecognized food sensitivities or simply need to add in some fermented foods, gut friendly fibres or a few lifestyle tweaks. Refer to the Healthy Gut Checklist for tips or contact Jennifer for a consultation.

#### SCORE 7 - 11

It's time for some Gut Healing strategies. The good news is you're in the right place. Book a free 20 minute consult and let's chat about developing a personalized gut healing plan for you. It's time to transform your health and energy.

