



Move That Mountain Functional Health

THE PUSH

GUT BLESS YOU! WHAT IS GOING ON IN THERE?

Leaky gut, fatty liver, what do they have in common? Add joint pain, brain, fog, insulin resistance, hypertension, increased, anxiety, and mood swings, and that is a common diagnosis list of too many Americans.

All of these health issues are linked to the modern Western diet, which is often high in processed foods, hidden sugar, and unhealthy fats. Leaky gut, for example, is caused by damage to the lining of the intestines, which allows toxins and undigested food particles to leak into the bloodstream. This can lead to inflammation throughout the body, which can exacerbate joint pain and other symptoms. Similarly, premature aging, Toxin overload, and fatty liver are caused by the overconsumption of processed foods and sugar, which can cause fat to accumulate in the liver and lead to insulin resistance and hypertension. Brain fog, anxiety, and mood swings. All can also be caused by the imbalance of gut bacteria that result from a diet lacking certain nutrients. Fortunately, making simple changes to your diet, such as eating more whole unprocessed, foods and cutting back on sugar will help to alleviate these symptoms and improve overall health. Knowing which changes that make the biggest impact can take a lot of trials. Luckily...



I help my clients narrow down the goals to make a Big Impact with your efforts. In order to make a good assessment of what is going on in your particular gut I walk you through a step by step with explanation so you have the control over your outcomes.

Always a free consultation first to see if we are a good fit.

If you are READY TO FEEL Heard and Feel better contact me know:

Natalie, Jo, Flynn, at Move That Mountain Functional Health, where you will get a complete assessment and guidelines to your particular unique needs

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