



Is your gut out of balance?  
Circle or highlight the symptoms and diagnoses you currently have.

Abdominal pain	Weight gain	Bad breath	Coronary Heart Disease
Gas	Fatigue	Anxiety	Obesity
Bloating/distension	Brain fog	Depression	Gout
Diarrhea	Mood swings	Psoriasis	Acne
Constipation	Joint pains	SIBO	Shortness of breath
Indigestion	Muscle aches	Colon cancer	Crohn's disease
Heartburn/reflux	Sinus congestion	Gastric cancer	Sexual dysfunction
GERD	Asthma	Type 2 Diabetes	Hypothyroid
IBS	Eczema	Restless legs syndrome	Breast cancer
Ulcerative colitis	Seasonal allergies	Fibromyalgia	Endometrial cancer
Headaches	ADHD	Bipolar disorder	Prostate cancer
Sjogren's	Lupus	Difficulty concentrating	Female infertility
Rheumatoid arthritis	Kidney disease	Parkinson's disease	Mucus in stool

Restoring balance to your gut is at the core of your health and well-being. A Gut Health Coach walks alongside you on your journey to strengthening and rebuilding your health and happiness. Reach out if you'd like to discuss your health concerns and goals.