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## Signs of an ailing gut Checklist



CHECK THE SYMPTOMS APPLICABLE TO YOU

- GAS, BLOATING
  - CONSTIPATION
  - EXHAUSTION
  - CRAMPING/ABDOMINAL PAIN
  - DIARRHOEA/LOOSE STOOLS
  - REFLUX/HEARTBURN
  - NAUSEA
  - CRAVINGS
  - MOOD SWINGS
  - SKIN BREAKOUTS/ACNE
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