

SIX SIGNS OF A STRESSED GUT

- 1 Difficulty breaking down food and absorbing nutrients
- 2 Frequent heartburn and/or indigestion
- 3 Stomach discomfort or fatigue directly after meals
- 4 Changes in bowel habit causing diarrhea, constipation, and irritable bowel syndrome
- 5 Weakened immune response (more than 60% of your immune system is in your gut)
- 6 Increase in food sensitivities/intolerance