

# HOW STRESS AFFECTS: --- **YOUR GUT**

## **NUTRIENT ABSORPTION**

Chronic stress can make it harder for your digestive system to break down foods and absorb vital nutrients.

## **DIARRHEA**

Diarrhea can be a by-product of the fight or flight response, triggered by an increase in colon activity.

## **INDIGESTION**

Stress can increase the acid in your stomach, leading to indigestion and heartburn.



## **CONSTIPATION**

Like diarrhea, constipation can be brought on by your body's flight or flight response, especially when it is prolonged.

## **BLOATING**

The high levels of cortisol released during the stress response can throw your gut off balance, leading to bloating.

## **PAIN & DISCOMFORT**

Stress can trigger and worsen gastrointestinal pain and discomfort.

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