



# GUT SOLUTIONS



◆ EMPOWERED ◆  
HEALTH





# Why is gut health so important?

**It is true, your health starts in your gut!**

How your gut functions and the balance of your microbiome can affect every system of your body. It is how your body receives nutrients to function and how you detoxify and remove waste. Your gut bacteria also have many specific functions that include supporting a healthy immune response, protection from free radicals and breakdown of nutrients.

What can happen when function becomes impaired?

Common symptoms like reflux, heartburn, nausea, pain, bloating, constipation, and diarrhoea. Also, immune dysfunction, intolerances and allergies, headaches, brain fog, fatigue, and hormonal imbalance. You may also be diagnosed with IBS, IBD, Autoimmune conditions or mood disorders.

**Start here for some common symptoms, causative factors, and solutions.**





A simple guide to understanding common

gut problems

## BLOATING

*Causes:*

Dysbiosis  
High Carb/Sugar Diet  
Stress  
Reduce Digestive  
Secretions



## CONSIDER

Specific Probiotics  
Low Carb Diet  
Reduce Stress  
Apple Cider Vinegar  
Bitters  
Anti-Microbials

## CONSTIPATION

*Causes:*

Dysbiosis  
Gluten/Dairy  
Low HCL  
Stress  
Low Bile Secretion



## CONSIDER

Specific Probiotics  
Limit Gluten/Dairy  
Bitters  
Zinc/B6  
Reduce Stress  
Increase Fiber/H2O

## PAIN

### *Causes:*

Dybiosis  
Food Intolerance  
IBS/IBD  
Flatulence  
Stress



## CONSIDER

See Practitioner  
Intolerance Testing  
Nutritional Therapy  
Gut Repair/Healing  
Stress Management  
Herbal Medicine

## DIARRHOEA

### *Causes:*

Dybiosis  
Food Intolerance  
IBS/IBD  
Stress  
Fat Malabsorption



## CONSIDER

See Practitioner  
Intolerance Testing  
Nutritional Therapy  
Gut Repair/Healing  
Stress Management  
Saccharomyces

**TESTING:** Functional Microbiome Stool Analysis

*FODMAPS only does not resolve the underlying cause.  
Your individual presentation will determine treatment.*



## You do not have to let your gut dysfunction ruin your quality of life!

It is possible to eat a well-balanced diet and have a happy gut! You may benefit from a functional gut repair program that takes you through several steps to bring your gut function and gut bacteria back to optimal balance. Get to the root cause of your gut issues with Microbiome functional testing and an evidence-based treatment plan and say goodbye to the bloat!



Contact Empowered Health and book a 10 minute complimentary phone chat with Emma Tippett to learn more.

**1300 214 425**



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