



EVALUATE YOUR GUT HEALTH!

Did you know there are a number of different factors that influence your gut health? And in return there are a number of different ways your gut communicates to you to let you know it needs some TLC.

Let's investigate where your gut health is at!

Answer the following **YES** or **NO** questions. Once complete tally your totals and refer to the reference guide on the next page.

I experience bloating	YES / NO
I don't have a bowel movement every day OR I got to the bathroom 2+ times per day (and they aren't pretty)	YES / NO
I experience nausea or reflux	YES / NO
I experience gas/flatulence, cramps or other gut pain	YES / NO
I have often get skin break outs - be it rash (eczema or psoriasis) or acne	YES / NO
My cycle can be irregular OR I commonly experience PMS	YES / NO
I have food intolerances that I don't understand	YES / NO
Sometimes I feel a few kilo's heavier and then it just disappears	YES / NO
I struggle to maintain my weight	YES / NO
I'm always hungry OR I crave sugar and carbs	YES / NO
My energy levels fluctuate and/OR I find it hard to concentrate	YES / NO
I struggle with times of depression and/or anxiety	YES / NO



Now let's look at some historic factors....

Have you been on the oral contraceptive pill?	YES / NO
Traveled overseas to Asia or south America	YES / NO
Taken antibiotics more than 3 times?	YES / NO
Experienced gastro, food poisoning or gastric virus?	YES / NO
Experienced a high level of stress or trauma in your life?	YES / NO
Taken long-term medication? i.e. non-steroidal anti-inflammatories	YES / NO
Experienced colic OR reflux as a baby?	YES / NO
You were born via C-section?	YES / NO
You were NOT breast fed as baby?	YES / NO

TOTAL # YES: _____

THE RESULTS

0 - 5 > Sounds like your gut is in good working order. Would you agree? You know your body best. If you feel that something is still is not quite right, then there is no harm in investigating. Feel free to book in for a **free 20 minute evaluation** to see how we could upgrade your health.

5 - 10 > Looks like you are cruising along well, but your gut might need a cleanse and some dietary support so that you don't push it too far. Our **1 Month Gut Reset** is for you.

10 - 21 > Oh oh... you might be in trouble. Time to investigate what is going on in your gut in order to restore your gut health and rebalance your hormones, mood, energy and skin. Our **Gut Repair Program** is for you!



**WANT TO KNOW MORE ABOUT THE A LIFE GUT
REPAIR PROGRAM?**

**Book in for a FREE 20 minute consult with our
Nutritionist at The A Life**

