Gut health starts with the root cause

Why bloating, irregularity, and food reactions are signals, not diagnoses.



Your symptoms deserve context

If you feel “off” but have been told everything looks normal, that can be frustrating. Your experience still matters. Bloating, changes in bowel habits, and reactions after meals can have several explanations, and symptoms alone cannot tell us which one applies.

Ask why it is happening

A functional approach looks at your history, eating patterns, stress, and medications before asking what to take. It complements appropriate medical evaluation.

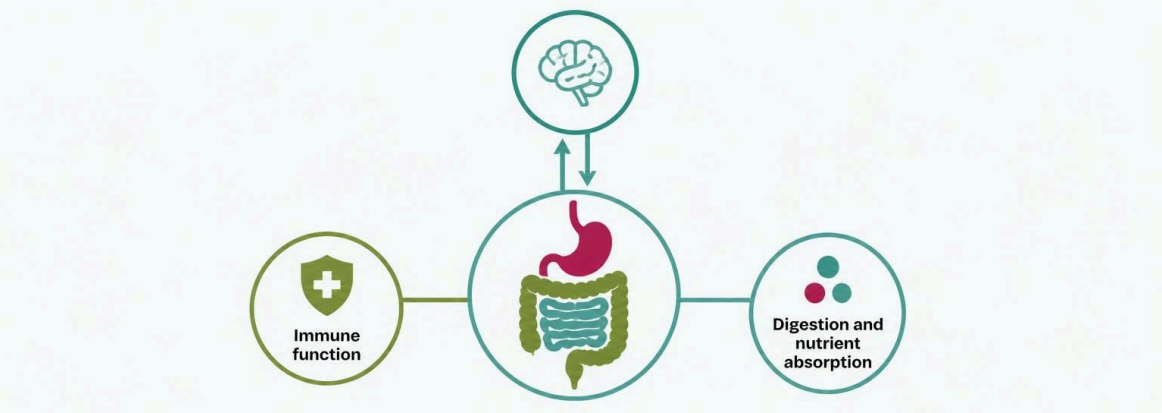
Look beyond digestion

The gut absorbs nutrients, supports immune function, and communicates with the brain. These connections can influence mood and energy, without making every symptom a gut problem.

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Common root causes, and what to look into

Bloating, gas, constipation or loose stools, reflux, food sensitivities, and skin flare-ups are clues to discuss, not proof of a particular cause.



Possible contributors to explore

Potential contributors: low stomach acid or enzymes; imbalanced gut bacteria; chronic stress; inflammatory foods; past antibiotics; hidden infections. These may contribute in some cases. Reflux alone does not establish low acid; infections and digestive deficiencies need clinical assessment.

Start with your timeline

- When did symptoms start, and how often?
- What makes them worse or better, including meals and stress?
- What changed in diet, stress, or medications, including antibiotics?

Seek care for persistent or worsening symptoms. Blood in stool, unexplained weight loss, or severe abdominal pain need prompt evaluation.

Book a discovery call

Explore whether a root-cause approach is a fit for you.

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This guide is for education and doesn't replace medical advice.