

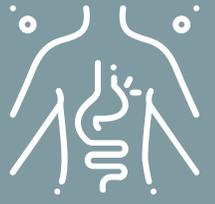


AESTHETIC BBL

# Gut Health Road Map

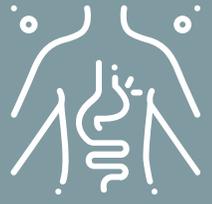
# Gut Health Road Map

PART 1: DO YOU EXPERIENCE ANY OF THE FOLLOWING?



# Gut Health Road Map

## PART 2: FOOD DIARY



Complete a one week food journal to help identify:

Food Triggers

Lifestyle Triggers

Top Food Allergens

Dairy Sugar Gluten  
Soy Alcohol Eggs  
Corn Shellfish Fish

Worklife Sleep Stress  
Exercise  
Too Much Not Enough

Remove foods one by one that you've noticed recurring symptoms

Lifestyle Changes

# Gut Health Road Map

PART 3: CROWDING OUT WITH NUTRITION, LIFESTYLE AND SUPPLEMENTS:



# Disclaimer

The information contained within these materials is for general and informational purposes only. The information is not, nor intended to be, a substitute for professional or clinical advice.

If you have any concerns about your health, please contact your medical doctor or licensed healthcare practitioner.

