

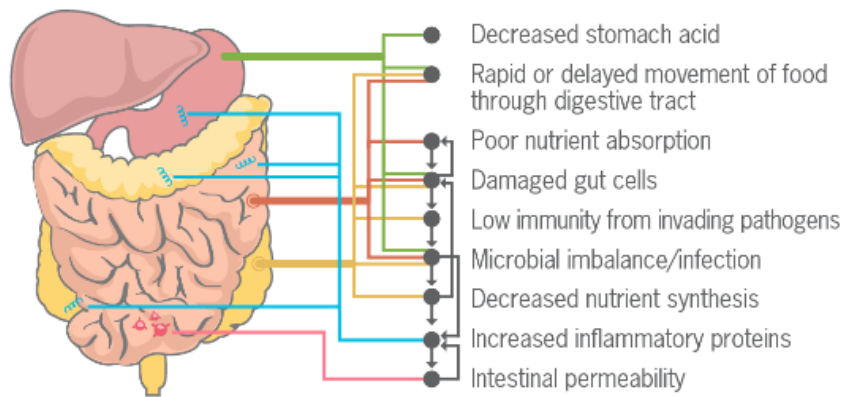
# ELIMINATION DIET:

## THE BEST WAY TO DO IT, AND THE SURPRISING HEALTH PROBLEMS YOU MIGHT SOLVE

Ailments like asthma, migraines, mood disorders, and skin problems could be the result of a food sensitivity. Here's how to suss it out.

## FOOD SENSITIVITIES WREAK GI HAVOC

Eating foods you're sensitive to can throw off gut bacteria and enzymes, causing vicious cycles of poor digestion, infection, and inflammation.



## TELLTALE SIGNS OF GI DYSFUNCTION

- Constipation
- Loose stools or diarrhea
- Burning in stomach
- Bad breath
- Gas
- Bloating
- Undigested food in stool
- Heartburn symptoms
- Foul smelling stool
- Nausea

Unfortunately, being free of GI symptoms doesn't mean you have no food sensitivities.

## THE UNHEALTHY GUT: A DOMINO EFFECT

Problems in the GI tract can ultimately disturb hormonal, metabolic, and immune functions, potentially leading to:

