

Name/Age: _____



My Leaky Gut Symptom Tracker

Identify and record your symptoms from the list below. Rate each on a scale of 1-10 each week of your Reboot. If symptoms are easily quantifiable like body weight, blood pressure or blood sugars, note those weekly rather than rating them 1 to 10. At the end of 30 days if some symptoms remain, you'll want to Reboot another month to see them all resolve. Be sure to celebrate your success as you go. And please share with us in the 30 Day Reboot Challenge Facebook Group. We're cheering you on!

Day 30	Day 23	Day 16	Day 9	Start Date	My Gut Linked Symptoms:
					Total Weekly Symptom Count: (Add up columns to quantify Symptom Relief each Week.)

105 Leaky Gut Symptoms: (find reviews on these symptoms at www.tumtree.life/results)

<ul style="list-style-type: none"> • Acid Reflux • Acne • ADD/ADHD • Aggressiveness • Allergies • Alopecia • Anxiety • Arthritis • Asthma • Athlete's foot • Bedwetting • Bladder Infection • Blood sugar problems • Blurry vision • Bowel Irregularity • Brain Fog • Candida overgrowth • Canker Sores • Celiac disease • Crohn's disease • Chronic Sinusitis • Constipation • Colic • Colitis • Cold Sores • Cold hands/feet • Cradle Cap • Cracked nails • Cracked skin • Cystitis • Dandruff • Depression • Diabetes • Diarrhea • Diverticulitis • Dry brittle hair • Dysautonomia • Eczema • Ear Infection • Eczema • Endometriosis 	<ul style="list-style-type: none"> • Esophageal rings • Fatigue • Fibromyalgia • Foggy thinking • Food cravings • Food allergies • Foot fungus • Gas/Bloating • Graves disease • Hashimotos • Headache/migraine • Herpes virus • High Blood Pressure • Hives • Hypoglycemia • Hypothyroid • Itchy skin • Inflammation • Irregular menstruation • Irritable Bowel Syndrome (IBS) • Joint pain • Kidney stones • Leg aches • Lipoma (fatty tumors) • Low basal body temperature • Low libido (sex drive) • Lupus • Menstrual cramps • Memory loss • Morning sickness • Mouth sores • Nausea • Neuropathy/tingling or burning • Neuralgia, phantom pain • Nutritional deficiencies, calcium loss • Oily hair • Oily skin 	<ul style="list-style-type: none"> • Osteopenia/osteoporosis • Painful menstruation • Poor immunity • POTS • Pounding Heart • PMS/PMDD • Rashes • Rosacea • Rectal itching • Respiratory Infection/ Bronchitis • Seasonal Allergies • Sleeplessness • Sugar Craving/sensitivity • Swine Flu (taken early) • Tachycardia (sporadic racing heart rate) • Tooth Decay • Thinning hair/hair loss • Thrush • Ulcers • Ulcerative colitis • Urinary Tract Infection • Urticaria pigmentosa • Vaginal Yeast Infection • Viral Infection (EBV, CMV, Chicken Pox/Shingles, Swine flu) • Visual field disturbances (spotty vision, seeing double) • Weight Gain (unwanted) • Weight loss (unwanted) • Yellow Thickened Toenails/fingernails
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Learn more about Leaky Gut Syndrome and how to fix it fast at www.tumtree.life.