



GUT GUIDE

4 STEPS TO A HEALTHIER GUT

ARE YOU FEELING FRUSTRATED WITH YOUR **DIGESTIVE HEALTH?**

If you're suffering from heartburn, constipation, diarrhea, gas and bloating, fatigue, brain fog or other frustrating symptoms, we are here to help.



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1 REMOVE

Remove triggers that cause inflammation

- Alcohol
- Gluten
- Refined Foods
- Saturated & Trans Fats
- Food Sensitivities

2 REPLACE

Reduce inflammation with dietary nutrients and gut-healing foods

- Fiber Rich Fruits & Vegetables
- Anti-Inflammatory Herbs and Spices (Turmeric, ginger, garlic, etc.)
- Omega-3's
- Mushrooms

3 REINOCULATE

Reinoculate the gut with beneficial bacteria

- Probiotic Rich Food (Yogurt, Fermented vegetables, Kombucha)
- Probiotic Supplementation

4 REPAIR

Repair the gut and intestinal lining with nutrients and medicinal herbs

- Omega-3s
- Polyphenols (found in plants such as curcumin found in turmeric)
- Aloe Vera
- Vitamins (Vitamin D, Zinc)

NEXT STEPS:

1. SCHEDULE YOUR FREE APPOINTMENT
2. MEET WITH YOUR PROVIDER
3. ACHIEVE THE BEST HEALTH POSSIBLE



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NO ONE DESERVES TO FEEL PAIN

Gas, bloating, acid reflux, belly pain, constipation, diarrhea, fatigue, headaches, brain fog and others may be leaving you feeling frustrated and hopeless. If so, you are not alone. These are common digestive complaints that many of our patients have we have helped over the years.

From IBS to SIBO, to IBD (Inflammatory Bowel Disease and Acid Reflux, many patients to help.



I look forward to meeting you!

- *Dr. Roush*

DR. JEFF ROUSH ND

SCHEDULE YOUR FREE APPOINTMENT

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