

Wisdom and Wellness

WISDOM AND WELLNESS

TAKE THE GUT QUIZ....

Score one point for each “Yes” answer and zero points for each “No” answer:

1. Do you ever experience less than one Bowel Movement a day?
2. Do you experience abdominal cramping more than once a week?
3. Do you have bad smelling gas?
4. Have you been told by others that you have bad odor gas?
5. Do you ever experience bloating?
6. Do you have loose stools more than once a week?
7. Do you have a white tongue or whitish coating on any part of your tongue?
8. Do you use medicine for heart burn (for example, anti-acids or Nexium)?
9. Do you feel bloated after a meat meal?
10. Have you decreased your intake of meat?
11. Do you have osteopenia or osteoporosis?
12. Have you been diagnosed with depression or a psychiatric imbalance?
13. Do you suffer with IBS, Crohns, or Colitis?
14. Do you use digestive enzymes with meals to help digest your food?
15. Have you used antibiotics frequently in the past?

Results:

3+ = If you scored 3 or more points, you will have significant benefits by learning to incorporate high probiotic foods in your diet.

1-3 = If you scored between 1-3 points you will benefit by starting with medical quality probiotic supplements or over the counter probiotic supplements daily and perhaps more frequently at stressful times in your life.

1+ = Scoring any points at all on the quiz will allow you to consider access to education and information on gut healing information. Continued education will provide a path to the stronger and healthier you. Here we go!

