HOW DOES YOUR DIGESTION STACK UP?



BROUGHT TO YOU BY

SUSAN GLEATON
Registered Dietitian Nutritionist (RDN)

HAVE YOU EVER NOTICED THAT PEOPLE WHO HAVE HEALTHY DIGESTION ALSO SEEM TO HAVE JUST OVERALL GOOD HEALTH?

Or maybe the opposite is easier to spot—that people who aren't in good health also seem to have poor digestion? It's a lot like what Hippocrates suggested over 2,000 years ago—that **ALL DISEASE BEGINS IN THE GUT.** And modern medicine is proving this true **over and over again!** So many of our diseases, even ones seemingly unrelated to gut health such as diabetes, heart disease and Alzheimer's have their roots in inflammation which began in the gut.

As a dietitian, I've noticed time and again, that many people are so used to their own digestive symptoms that they think they are normal, when really, they are not! It may be their "usual", but it's **definitely not** normal!

That is why I developed this quick and easy Digestive Health Scorecard. You'll be able to rate your own digestive symptoms and see within a moment, exactly how normal (or not normal) you are! Just think back over the past two weeks and write your score in each box.

If the past two weeks were not your "usual" (for instance you had a stomach bug or were under more than your usual amount of stress), then think back over how things usually are for you and answer the questions accordingly.

Answer each question for how you would be WITHOUT THE USE OF OVER-THE-COUNTER OR PRESCRIPTION MEDICATIONS — even Beano or lots and lots of coffee!

DIGESTIVE HEALTH SCORECARD

Think over the past 2 weeks and answer the questions below:

SYMPTOM	NEVER (0)	Less Than Twice A Week & MILD (1)	More Than Twice A Week & MILD (2)	Less Than Twice A Week & SEVERE (3)	More Than Twice A Week & SEVERE (4)
Heartburn or Reflux or GERD					
Stomach pain or cramping (upper abdominal region)					
Intestinal pain or cramping (lower abdominal region)					
Constipation (bowel movements that are less than once a day or hard to pass—without excessive coffee!)					
Diarrhea (three or more loose, liquid, or watery bowel movements each day)					
Abdominal bloating					
LOTS of gas					
Nausea					
Vomiting					
Painful elimination					
TOTAL					

GRAND TOTAL:

YOUR DIGESTIVE HEALTH ASSESSMENT

Now that you've added up everything, you can see how you are in relation to how you should be. Often, we are so used to our symptoms that we think they are "normal", when really it is not. It's just our "usual".

SO, HOW DID YOU SCORE?

Actually, a person's digestive health score should be **ZERO!** If that's you, you are doing **FANTASTIC!** Whatever you are doing, keep it up!

IF YOUR SCORE IS:

1-2

You're doing pretty well! We could all stand to improve our diets, and in addition to eating wholesome, unprocessed foods, you might consider a good quality probiotic such as **Klaire Labs Ther-Biotic Complete.**

3-4

You're starting down the slippery slope to poor digestion which often leads to other types of health problems. Though Hippocrates was incorrect in suggesting that ***all*** disease begins in your gut, evidence shows that many chronic health conditions do. In addition to eating wholesome, unprocessed foods and taking a good quality probiotic, some digestive support to stimulate digestive enzymes would be a good ideal. You can use a supplement such as **Pure Encapsulations Digestive Enzymes Ultra** or **Gaia Herbs Sweetish Bitters Elixir.** I also like adding bitter herbs such as endive, dandelion or chicory leaves in my salad, eaten before or with my meal. Another idea is putting 1-2 Tablespoons of apple cider vinegar in water and drinking it before meals (don't do this if you have ulcers).

5+

You need some **HELP!** (More than just probiotics and digestive enzymes!) Finding out what foods are triggering your digestive symptoms would be greatly beneficial! These foods may also be causing inflammation of some type (such as fatigue, brain fog, skin problems, joint pain, stiff muscles, etc.) elsewhere in your body as well. Watch my **Better Digestion Blueprint Masterclass** on this topic right here right now at NO CHARGE!

I know this is really crazy to offer this, but, in addition, if you would like to chat with me to review your scorecard and craft a personalized strategy plan for your unique situation, I welcome you to grab a spot on my calendar RIGHT HERE! (You better take me up on this before I chicken out!)

SUSAN GLEATON, RDN



Susan is a Registered Dietitian / Nutritionist with certifications in Integrative and Functional Medical Nutrition Therapy who really understands the importance of digestive health and specializes in all types of digestive disorders such as heartburn, gas and bloating, cyclic vomiting and chronic constipation or diarrhea, or perhaps alternating between the two.

Through her own struggles with lifelong constipation, gas, bloating, and a desire to help her clients, Susan discovered a method that has successfully helped many achieve digestive normalcy with her proven, evidence-based approach... even when they have had digestive problems for years.

Seeing her clients regain their health and experience normal digestion is truly a joy to Susan and keeps her propelled to tell more and more people about this underutilized approach.

Find out more about the role of food sensitivities in IBS and other digestive issues in my **FREE TRAINING** called The Better DigestionBlueprint Masterclass:

FREE MASTERCLASS

Grab a spot on my calendar to see how I can help you with your IBS or other digestive issue. Grab your spot here:

BOOK A CALL WITH ME