

Symptoms of an Unbalanced Gut Microbiome

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| <input type="checkbox"/> Abdominal cramps
<input type="checkbox"/> Abdominal fullness/discomfort
<input type="checkbox"/> Abdominal pain
<input type="checkbox"/> Abnormal stool
<input type="checkbox"/> Arthritis/joint pain
<input type="checkbox"/> Autoimmune issues
<input type="checkbox"/> Bloating
<input type="checkbox"/> Blood in stool
<input type="checkbox"/> Constipation
<input type="checkbox"/> Crohn's disease
<input type="checkbox"/> Depression
<input type="checkbox"/> Diarrhea
<input type="checkbox"/> Diffuse musculoskeletal pain
<input type="checkbox"/> Excessive fatigue
<input type="checkbox"/> Excessive gas
<input type="checkbox"/> Fecal incontinence/soiling | <input type="checkbox"/> Frequent daytime headaches
<input type="checkbox"/> Food allergies/sensitivities
<input type="checkbox"/> Irritable Bowel Syndrome
<input type="checkbox"/> Lactose intolerance
<input type="checkbox"/> Lumpy/hard stool
<input type="checkbox"/> Memory loss/brain fog
<input type="checkbox"/> Nausea/vomiting
<input type="checkbox"/> Frequent mouth sores
<input type="checkbox"/> Passing less than three stools/week
<input type="checkbox"/> Persistent/recurrent fatigue
<input type="checkbox"/> Skin rashes, rosacea, acne, eczema
<input type="checkbox"/> Sleep disturbances
<input type="checkbox"/> Rapid or unexplained weight loss
<input type="checkbox"/> Reduced appetite
<input type="checkbox"/> Ulcerative colitis |
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Elimination diet for discovering food sensitivities:

1. For three weeks, remove all forms of sugar and the foods most likely to cause sensitivities: Those containing gluten, dairy, soy, corn, eggs and nightshade vegetables (Tomatoes, potatoes, eggplants, peppers). The point here is to heal somewhat, to feel better as your immune system calms down and reduce symptoms.
2. Reintroduce each food one at a time constantly observing how you feel. For each food, eat it twice a day for two days. On day three don't eat it. Symptoms to note are headaches, shot flashes, rashes, brain fog, fatigue, digestive issues and so on as in the above list. If a food isn't good for you, remove it again and move on after you start to feel better. Usually this is within 2-3 days, but can be longer.

Symptom	Gluten	Dairy	Soy	Corn	Tomatoes	Peppers	Potatoes	Eggplant
Bloating								
Headache								
Joint pain								
Rash/acne								
Digestive issue								
Other Symptoms								
Other Symptoms								
Other Symptoms								

Test your gut metagenome through various online labs like Thryve. Recognize we're in the early days of understanding how to measure/manage the gut metagenome. [Thryve Inside Gut Health Test about \$50.00 on Amazon]