

Being Better On Purpose

# Gut Health Checklist

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Three common gut issues that we KNOW impact emotional states regardless of what is going on in your life are: Gallstones and Liver Stones, Parasites, and SIBO/Candida overgrowth. Using the same scoring as for the data, 1= never happens, 10= every single day, and the numbers in between meet the range of possibilities between never and always. If you are scoring yourself a 5 or higher for 3 or more of the symptoms listed, please go see your functional doc!

### Gall and Liver Stones Symptoms:

1. Pain in the upper right abdomen \_\_\_\_\_
2. Pain in the mid right side of the back \_\_\_\_\_
3. Feeling ill after eating fatty foods \_\_\_\_\_
4. Frequent nausea \_\_\_\_\_
5. Loss of appetite \_\_\_\_\_
6. Light color of stool (noticeably) \_\_\_\_\_
7. Yellowish color to skin or eyes \_\_\_\_\_

### Parasite Symptoms:

1. Chronic fatigue even after several good nights sleep \_\_\_\_\_
2. Loose stools or diarrhea for **more than** two weeks \_\_\_\_\_
3. Mucus or blood in stools \_\_\_\_\_
4. Abnormal undigested food in your stool \_\_\_\_\_
5. Frequent muscle and joint pains \_\_\_\_\_
6. Gravitating more toward high sugar foods and alcohol \_\_\_\_\_

### SIBO/Candida Symptoms:

1. Frequent heart palpitations \_\_\_\_\_
2. Difficulty concentrating/frequent brain fog \_\_\_\_\_
3. Frequent abdominal pain, bloating, gas, diarrhea or constipation \_\_\_\_\_
4. Frequent prostatitis (men) or yeast infections (women) \_\_\_\_\_
5. Psoriasis, eczema, dermatitis, or athlete's foot \_\_\_\_\_
6. Dizzy spells or deteriorated eyesight \_\_\_\_\_
7. Grinding teeth or waking up frequently at night \_\_\_\_\_

## DISCLAIMER

I am NOT a medical doctor! This in no way constitutes medical intervention in any way! This form is a simple guide to understanding symptoms associated with common gut issues that are known to have a negative impact on emotional regulation. This checklist is a simple and simplistic guide to answering the question: "should I go see a doctor about this??"

## How It Works

- Determine if you have been experiencing 3 or more of any of the lists of symptoms at a level that you would rate a 5 or higher for more than 2 weeks
- If you have identified one or more of the underlined gut issues as having a lot of 5's, take this list over to a trusted physician and ask to be tested.

## A Note On Medical Interventions

- **Solutions, not bandaids** It is important that we are aware of the impact of high levels of pharmaceuticals in our systems
- Find a FUNCTIONAL MEDICAL DOCTOR - these are MDs who have gone through traditional medical training AS WELL AS training in food as medicine, how the systems in the body interact, what nutrients are necessary for true HEALTH and so much more!
  - These doctors prescribe antibiotics when needed, and high nutrient dietary instructions when needed too!
- Find other resources that can support your central nervous system's functioning like chiropractors, massage therapists, and yoga instructors!

If you have questions, don't hesitate to reach out! You can always email [Liz@DitchTheDx.com](mailto:Liz@DitchTheDx.com) or send a text message to 919-756-4548 if you'd like to set up a consultation.