

WORKSHEET

AN ESSENTIAL GUIDE TO

# GUT HEALTH



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## WORKSHEET

Gut health is a hot topic at this time. There's little doubt that poor gut health contributes to many life-threatening diseases that could largely be avoided or postponed by making healthier choices.

**Answer these questions to gain a better perspective of how you can boost your gut health:**

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1. What are the foods that always seem to make me feel worse after eating them?

2. How would I rate my gut health? What symptoms of poor gut health do I have?

3. When can I start an elimination diet? What am I waiting for?

4. What health issues do I have that might be helped by having a healthier gut?

5. What foods do I eat that benefit the healthy bacteria in my gut?

6. How would I rate my energy, mental clarity, focus, anxiety, and mood at this time? Have I noticed that these items are influenced by the foods that I eat?

7. How would my life be enhanced if I had better gut health?

8. What are the primary obstacles to boosting my gut health? What can I do to overcome these obstacles?