

Start the Conversation



The key to rebuilding your digestive system is to understand your GI symptoms.

Gut Reconditioning is a term to describe the rebuilding of the digestive system using natural approaches such as lifestyle behaviors, functional foods, supplements and herbs. Keep in mind that your symptoms are caused from the incomplete digestion of your food. We will use this information to understand which organs need support to stop or lessen your symptoms.

- 1. Fill out the Questionnaire**
- 2. Review the following questions with us:**

Urgency and Frequency

- How urgently to you need to have a bowel movement?
 - How frequently does this occur?
- Do you have to wake up in the middle of the night to have a bowel movement?
 - How frequently does this occur?
- What emotional triggers cause you to have a bowel movement?
 - How frequently does this occur?

Other Considerations

- Do you have diarrhea and constipation?
 - When does this occur?
- Can you tell me about your experience with gas and bloating?
 - What foods trigger this?
- Can you describe your bowel movements yesterday?
- Can you describe what you ate yesterday?
- Do you have abdominal pain?
 - What time does this occur?
- What herbs or supplements are you currently taking?