

# Can Gut Matters help you?

The following is a partial list of some of the disorders and conditions which are caused by poor gut function and subsequent food intolerances and allergies. A healthy digestive system can play a major role in your physical and even mental health.

Choosing Gut Matters to help you with a gastrointestinal rehabilitation program will greatly reduce if not eliminate most of these problems. We make it simple with natural solutions and a step by step program that is easy to follow and will achieve results in days.

## DIGESTIVE SYSTEM

- Bloating
- Flatulence (wind)
- Burping, reflux (heartburn)
- Indigestion
- Cramping, gut pain
- Constipation
- Diarrhoea
- Nausea, Vomiting.

## RESPIRATORY SYSTEM

- Nasal congestion, runny nose
- Hay fever
- Red, itchy eyes (allergic conjunctivitis)
- Recurrent ear infection and fluid in middle ear (Otitis media)
- Asthma/wheezing
- Allergic reactions: throat swelling

## SKIN

- Eczema
- Hives
- Dermatitis, itching skin
- Allergic reactions: swelling of mouth, eyelids, lips
- Acne, Rosacea, psoriasis.

## MUSCULOSKELETAL SYSTEM

- Joint stiffness and aches
- Muscle pain, tension
- Muscle weakness
- Twitching muscles

## BRAIN AND NERVOUS SYSTEM

- Dizziness
- Irritability, aggression
- Anxiety, agitation, hyperactivity
- Poor concentration
- Insomnia
- Migraines
- Headaches
- Brain fog, mental exhaustion

## URINARY TRACT

- Chronic urinary tract infections
- Interstitial cystitis
- Chronic yeast infections (vaginal thrush)

## ALLERGIES/INTOLERANCES

- Bed wetting
- Frequent urination, excessive thirst
- Excessive sweating, rapid heartbeat
- Persistent fatigue
- Dark circles under eyes
- Paleness,
- Dark circles under eyes

