



HealthyBodyHealthyLife
with *Melissa Koerner*

Module 2 - Part 6 Action Step Plan

Is Your Digestive System Healthy?



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HealthyBodyHealthyLife.com

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| IS YOUR DIGESTIVE SYSTEM HEALTHY?

Here's your success checklist:

Watch out for the common signs of digestive dysfunction.

Obvious signs...

- Gas
- Bloating
- Cramping
- Burping
- Reflux
- Nausea
- Abdominal distension
- Diarrhea and/or constipation

Not so obvious signs...

- Headaches
- Brain fog, anxiety or depression
- Chronic fatigue or low energy
- Constant hunger & cravings
- Muscle and joint aches
- Sugar cravings
- Food sensitivities
- Skin conditions
- Weight gain

If after doing the 30-Day Elimination Diet you're still experiencing signs of digestive dysfunction, you may want to explore functional lab tests to dig deeper

- Food Sensitivity Testing can be used to assess leaky gut.
- Stool Testing can be used to assess the prevalence of parasites, yeast and/or bacterial overgrowth.
- You can learn more about these forms of testing during your bonus coaching call or by setting up a complimentary consultation at melissa@healthybodyhealthylife.com

Evaluate your bowel movements.

- You should pass about **12 inches** of stools per day—that means:
 - One **12-incher**
 - Two **6-inchers**
 - Three **4-inchers** etc.
- After a bowel movement you should feel sense of **complete evacuation**—like your bowels are **empty**.

Use the “Poopie Policeman and Line-Up of Bowel Bandits” to evaluate your bowel movements. (I suggest printing the handout to have the images and descriptions handy.)