Triggers

Please check all that apply:

- ☐ Dietary Protein Especially Dairy and Meat
- ☐ Infections
- ☐ Use of Antibiotics
- ☐ Sugar Consumption
- ☐ Low Stomach Acid and Enzymes
- ☐ Stress
- ☐ Pregnancy
- ☐ Menopause
- ☐ Toxins
- ☐ Poor Diet
- ☐ Processed Food
- ☐ Bacterial Imbalance
- ☐ Lectins Red Kidney Beans, Soybeans, Peanuts, Tomatoes, White Potatoes
- ☐ Alcohol Consumption
- ☐ Consumption of Wheat Products

While the medical community does not recognize this as a major contributing factor to all sorts of health issues, there is a growing body of science showing **how a leaky gut, or what is called intestinal permeability, is wreaking havoc on people's health.**

This health concern is not new. In fact, Hippocrates recognized it when he stated,

“All Disease Begins In The Gut.”

While not everyone has this, the following checklist will help you understand your increased probability for this issue. There are two columns: **Triggers and Symptoms.** The more you check off, the more likely you are to have some level of leaky gut.

Symptoms

Please check all that apply:

- ☐ Bloating
- ☐ Food Allergies
- ☐ Food Sensitivities
- ☐ Headaches
- ☐ Joint Pain
- ☐ Low Energy / Fatigue
- ☐ Thyroid Conditions
- ☐ Digestive Issues
- ☐ Indigestion
- ☐ Acid Reflux
- ☐ Diarrhea
- ☐ Constipation
- ☐ Weight Gain
- ☐ Mood Issues
- ☐ Skin Issues like Rosacea and Acne