



VITALITY
WELLNESS AND NUTRITION
CENTER

*The
Big 4*

**WHAT'S GIVING YOUR
DIGESTION TROUBLE?**

~FREE GUIDE~

WWW.VWANC.COM



The Big 4

HOW THESE BIG 4 AFFECT YOUR GUT AND YOUR HEALTH

#1 - Diet:

When I was struggling with my digestive issues I just couldn't figure out what my food triggers were. Was it the garlic, cheese or tomato sauce in my Italian dish, or was it the pasta. It was so frustrating not knowing what to eat that wouldn't cause a negative response. As I mentioned before- we are what we eat, what if it was the beef in the meatballs because the cow was fed grain, corn, hormones and antibiotics. Ensuring we are eating clean foods free of preservative and additives is a good first start. My saving grace was a functional lab test that showed me exactly what was causing my food reactions. Now I must say that all the food testing options on the market are not the same, ensuring you are testing with the gold standard test provided to you by someone like me, will provide you key evidence. Tip: start with removing Dairy from your diet.



The Big 4

HOW THESE BIG 4 AFFECT YOUR GUT AND YOUR HEALTH

#2 - Stress:

It's a killer! The impact of stress of your gut can be extremely detrimental- ulcers, leaky gut, discomfort, pain, bowel issues. It is very important to find a stress outlet, and don't forget to BREATHE.

Many studies support that deep breathing actually lowers the stress response in your body! Outside of breathing- yoga, meditation, going for a walk, spending time with friends/family, laughing, gratitude, reading, etc. are all beneficial ways of reducing stress. Start out with relaxing music- I like the Calm App. you can select your favorite soothing sounds.



The Big 4

HOW THESE BIG 4 AFFECT YOUR GUT AND YOUR HEALTH

#3-Environmental toxins:

It is everywhere, however if you are armed with knowledge of where to find these gut disrupters it will be so beneficial. Plastic, Teflon, Pesticides, Weed killer, Cook Ware, Water, and more. Let's look at plastic to start- some simple changes you can make are making sure you are drinking from a glass or stainless water bottle, do not heat plastic in the microwave, stay away from plastic K-cups, do not use plastic or rubber cooking utensils. All of these exposures cause dysfunction in the body including the GI tract.



The Big 4

HOW THESE BIG 4 AFFECT YOUR GUT AND YOUR HEALTH

#4 - Toxins:

While we can't live in a bubble, we can obtain the knowledge to be aware of where they hide out and how it can affect our health. This goes for anything from household products, EMF's, personal care products, water, mold, medications, heavy metals and more. Did you know a typical dryer sheet has over 1000 chemicals, what goes on our skin goes through our skin. These are cancer causing chemicals which we do not want, and a gut disrupter. Start with making simple changes to reduce your toxin exposure. Looking at the EWG.org website will show you the safer products to be using based on a scoring system that rates products from A-D, A being the best.



YOU ARE NOT ALONE!

I suffered with digestive issues for over 25 years. Let's help you find the missing pieces to your health puzzle. Click below to schedule your free 30-minute discovery call with me!

Christi Buck, RDN, LD, CLT



[CLICK HERE TO BOOK A FREE 30 MINUTE
DISCOVERY CALL WITH ME!](#)

[HTTPS://VWANC.COM/DISCOVERY-CALL/](https://vwanc.com/discovery-call/)

WWW.VWANC.COM

SUPPORT@VWANC.COM