

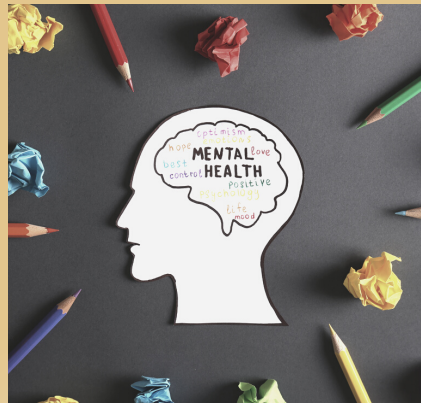
*The Ultimate Guide to*  
**FIXING AN  
UNHEALTHY GUT**



# 7 Signs of AN UNHEALTHY GUT and what to do about it



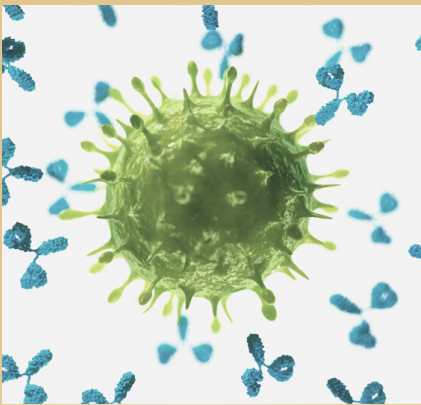
Abdominal Discomfort,  
Indigestion



Mental Health Issues



Cravings



Low Immunity



Fatigue



Weight



Skin Issues

If you're noticing persistent signs of these in your day to day life it may be a sign that it's time to take action with your gut health!

# Statistics on GUT HEALTH

***You're not alone in your struggles.***

- 60 to 70 million people are affected by digestive diseases
- Roughly 21.7 million people are hospitalized due to digestive issues
- Every year 245 thousand people die from digestion related issues



# 5 Steps to a **HEALTHY GUT**

## Step 1

Evaluate Your Nutrition & Replace Processed Foods with Whole Foods.



## Step 2

Make the Most of Supplements that will Help Your Body Heal Naturally



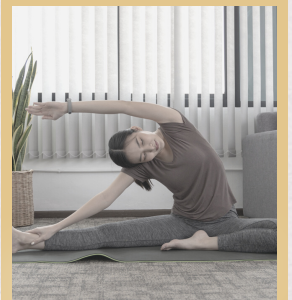
## Step 3

Reduce Toxic Load in Diet and in Home: We are inundated with toxins from our food and environment everyday. Start some Regular Detox Regimes



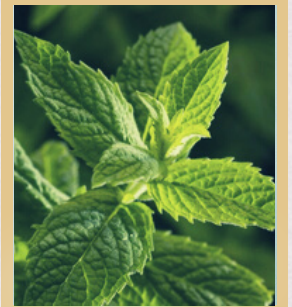
## Step 4

Get your body moving with specific actions for supporting gut health



## Step 5

Use the most Powerful Natural Solutions to Health & Strengthen Your Gut



## Bonus

Get started today with my "Whole Foods Lifestyle" on my free, new web app called the Natural Solutions Method - <https://bit.ly/natsolutionsmethodapp>

# BEST HERBS AND OILS FOR GUT HEALTH



Thyme



Rose



Cardamom



Peppermint



Clove



Tea Tree



Oregano



Fennel



Tarragon

Hi, my name is Jenni Wilson, and I've been helping women and families with natural health solutions for over 2 decades.



## About me

Jenni Wilson, Natural Oil Mom, is a master herbalist, speaker, wellness advocate, gut health coach, wife to an ER doctor and mother of 7 children.

She is also the author of a collaborative book called "Trust Your Intuition: 25 Natural Medicine Confessions From Influential Women who Choose Natural Solutions For Their Families," which was a #1 Amazon bestseller.

Jenni is committed to sharing the healing power of natural solutions with people around the globe. She teaches people how to use natural tools, especially essential oils, to enjoy more confidence in their home health care.

Jenni Wilson

If you're looking for more support in strengthening your gut health, fill out this form to apply for my next Ultimate Gut Health Makeover...

[www.naturalsolutionsmethod.com/gut-health-challenge-application](http://www.naturalsolutionsmethod.com/gut-health-challenge-application)