

## Digestive Health

Our Healthy Gut program is our Shining Star and focuses on the following:



**S** eparate & Eliminate Triggers

**T** reat and Heal

**A** dd Food, Supplements & Probiotics

**R** estore Balance

Whether you've been diagnosed with a specific ailment such as Crohn's or Celiac Disease, or if you have suffered with IBS symptoms (diarrhea, constipation, or both) with no definitive reason, a nutrition counseling session will be beneficial in alleviating your symptoms. At Kindred Nutrition, we will work with you on a realistic nutrition plan. This approach will provide your body with the nutrients it needs while eliminating the foods that trigger GI symptoms as well as headaches, joint pain, and fatigue that may be associated with poor gut health.

As we apply the techniques of the STAR program, we will work toward –

- *Separate and Eliminate Triggers*  
Through tools such as Pinnertest and food journaling, we will investigate foods that may be problematic for you
- *Treat and Heal*  
From probiotics to anti-inflammatory foods, we will work toward healing and protecting your gut lining. We also have tools available to help determine your specific needs such as Spectracell Laboratory Micronutrient Testing that will help treat previous damage from inflammation, malabsorption, or deficiencies
- *Add Food, Supplements, and Probiotics*  
Once we have determined your specific triggers, we can build a diet complete with foods you enjoy! We will include any supplements and foods rich in probiotics that will help maintain a healthy gut!
- *Restore Balance*  
Healthy (and realistic) nutrition along with exercise, sleep, and reducing stress will all work toward creating a balanced and healthy gut