

# GUT HEALTH

## IMMUNE SYSTEM



80%

80% OF YOUR IMMUNE SYSTEM IS FOUND IN YOUR GUT.

**100 TRILLION**

Your microbiome contains 100 trillion bacteria

**10X MORE**

Bacteria cells than human cells in the body

## HORMONES

### DID YOU KNOW?

Researchers refer to your gut as 'the second brain' & that 95% of your 'feel good' hormone serotonin, is made and stored in your gut.



## CONDITIONS

THE GUT-BRAIN AXIS IS LINKED TO DEPRESSION, ANXIETY, AUTISM & OTHER BRAIN PROBLEMS & ALSO CONTRIBUTE TO:

- ⚠️ ACID REFLUX
- ⚠️ AUTOIMMUNE DISORDERS
- ⚠️ BLOATING
- ⚠️ CONSTIPATION
- ⚠️ FOOD ALLERGIES / INTOLLERANCE
- ⚠️ FYRBOMYALGIA
- ⚠️ IBS
- ⚠️ LEAKY GUT SYNDROME
- ⚠️ SIBO

## THE ANSWER



### Functional Medicine

Rebalancing the body's underlying physiological systems & contributing issues to these illnesses. Healing forces are unleashed & chronic illness is resolved naturally, often without the need for costly pharmaceutical medications or invasive surgeries.