

We're here today to talk about a program I've developed called:

90 Days To A Healthier Gut

even if you've tried probiotics, enzymes or other gut support without success

There's a lot of information I want to share with you.

So keep a pen and pencil handy. You'll want to take a lot of notes.

And to make sure you don't miss anything, make sure you stay to the end of the webinar.

Because I'll be sharing with you exactly how to restore your gut health — based on a free "Gut Health Assessment" — with nothing held back.

So let's get started.

BIO

As most of you know, I'm Dr. Clair Zimmerman, Doctor of Natural Medicine and Clinical Nutrition.

Over the past 15 years, I've built a busy wellness practice here in Eastern Pennsylvania. [Clair TK]

My motivation started with a need to solve my own health issues.

And I'll mention some of those issues briefly during this webinar to illustrate what I'm talking about.

During those 25 years, I've been helping clients address a huge number of health and wellness issues.

What never ceases to amaze me, is the sheer number of symptoms that can be traced back to poor gut health.

Some symptoms are well-known, such as indigestion, gas, bloating, constipation and diarrhea

But there are other symptoms that have surprising links to gut health — symptoms like sniffles and sinus problems, sleeplessness, headaches, and a couple of issues that I struggled with: chronic fatigue and brain fog.

These lesser-known symptoms are often diagnosed as stress.

And stress is one of those buzz words that sounds like a diagnosis, but doesn't have any real meaning.

In my clinical practice with one-on-one clients, here's what I've found.

When my clients restore their gut health, a lot of these symptoms simply go away.

The clinic has been so successful that I'm currently maxed out on the number of one-on-one clients I can handle.

And that's one of the reasons why I've decided that now is the right time to expand my wellness practice online

I want to help more people deal with their gut health and stop wasting money on so-called cures that don't work.

WHY 1

There are several other reasons why I believe now is the right time for me to offer this online program.

The first reason has to do with the world economic situation.

Not so long ago in our history, the world was organized around small family farms.

Each farmer grew enough food to feed the immediate family.

And maybe they had some food left over to sell.

Or they had cash crops they could sell.

But basically families were self sustaining in their ability to feed themselves.

Today, there are seven-and-a-half billion people on the planet, and that model is no longer viable.

Today's food is grown, packaged, and sold by giant corporations with shareholders who demand profits.

As a result, the food that's available in grocery stores has been processed to increase shelf life.

And recipes have been changed to include more salt, sugar and artificial flavors to give packaged food a taste that is so-o-o addictive.

Think how hard it is to resist goodies like potato chips, sweet treats, snack foods, breakfast cereals, and snacks targeted at children — just to mention a few.

In addition, food is packaged to make it easier to ship and store.

So we're no longer eating food that is simple and natural.

Instead we're eating what's profitable for food companies to manufacture and distribute.

This economic change has had a catastrophic effect on our diets and consequently on our gut health.

WHY 2

The second reason has to do with social changes.

Lifestyles are dramatically different now. Family meal-times are scattered. We eat on the run.

Food service companies have responded by packaging meals you can buy from a drive-up window.

Of course, fast food distributors offer what is easy to transport, store and prepare: things like frozen hamburger patties, frozen chicken parts, and pre-cooked fish.

And they focus on foods that satisfy the cravings for salt, sugar, and flavorings: foods like French fries, soft drinks, and frozen desserts.

These foods fill you up and satisfy the addictive cravings but — unfortunately — they provide little or no nutrition.

The results of this trend are tragic.

More people are overweight than ever in history.

The reason is because the human body can't process all those trans fats and calories and turn them into nutrition for the cells.

Instead, the body stores the over-abundance in layers of fat, especially around the middle of our body — also known as adipose tissue, or in plain English, belly fat.

And indigestible food takes longer to travel through the gut, causing an array of digestion problems, including inflammation and the internal irritation that goes with it.

WHY 3

The third reason has to do with technology.

Medical technology has exploded, along with technology for developing and manufacturing prescription drugs.

Some of these pharmaceutical advances are miraculous in their ability to treat diseases and save lives.

So there is a certain prestige associated with solutions that are based on medical or pharmaceutical technology.

This technology has spilled over into the development of over-the-counter remedies too.

But many of these prescription and over-the-counter drugs have harmful side effects.

They place stress on the liver, pancreas, kidneys, adrenal glands — all the organs of digestion — and reduce their ability to produce what's needed for digestion.

To make matters worse, they deplete the immune system, so it's harder for your body to fight-off disease.

Also, pharmaceutical products aren't food. They don't replenish the vital nutrients your body needs in order to stay strong and healthy.

So as you ingest drugs, your body becomes less and less able to digest your food and distribute nutrients throughout your body.

To make matters worse, some drugs, especially those related to digestion, only mask symptoms.

You don't feel the pain but you still have the problem.

So people stay on the drug longer to avoid the symptoms.

That's good for the bottom line of drug manufacturers, but it puts more stress on your body for a longer period of time.

And prolonged use of some drugs makes you more susceptible to disease.

Other drugs have unintended consequences.

Antibiotics, for example, kill the bad bacteria that has entered your body as a result of infection. But they have no effect on viral infections.

But antibiotics also kill off the beneficial bacteria a healthy body needs in order to digest food.

Antibiotics also kill the essential flora the body needs.

In fact, healthy flora are the platform for a healthy immune system.

The wellness industry has responded with probiotics to replace good bacteria, and with enzyme therapy to replace enzymes lost due to stressed organs.

Unfortunately, these beneficial products are sold as one-size-fits-all solutions.

And the probiotics and enzymes sold online and in stores are of lesser quality.

They are not clinical grade and professional strength like the products I use in my wellness practice.

So quality something I'd like you to be aware of as you think about your own gut health.

Quality makes all the difference.

These three factors — scarcity of fresh food, the fast food culture, and symptomatic treatments — these have helped degrade the gut health of people all over the world.

ROOT CAUSE

The result? Poor gut health produces five common symptoms I mentioned earlier:

Indigestion | Gas | Bloating | Constipation | Diarrhea

I could write a book about the root cause of these five problems.

Instead, I'm going to tell you in just one word — a common three-letter word you've heard many times.

That word is — rot.

When there is an interruption or slowdown of the ins and outs of digestion, the food begins to rot inside your body.

It is the rotting process that is the root cause of many problems of digestion.

I use the word rot for the same reason I use the word gut. The meaning is unmistakable.

In textbooks, you see euphemisms.

For example, carbohydrates are said to decompose.

When proteins rot, they putrefy.

Fats turn rancid.

These words all point to the same process: over time, nature breaks down organic matter into its most basic elements and allows those elements to blend harmlessly into the environment.

The process looks and smells disgusting.

But it is nature's efficient method for getting rid of plants and animals that are no longer alive.

Rot is perfectly natural and beneficial... except when it happens inside your body.

WHAT DOESN'T WORK 1

Now, the rotting process rarely gets completed inside your body.

Initially, the rotting process is a low-grade, smoldering process that you're not aware of.

But when the body feels the process has gone on for an abnormal period of time, your body responds by purging violently through vomiting or diarrhea.

But even in the early stages, rot produces those undesirable symptoms I mentioned before.

Do you remember them?

Indigestion | Gas | Bloating | Constipation | Diarrhea

Rot can also produce unexpected and ambiguous symptoms, such as:

Stomach pain | sniffles | headaches | sinus pain | nausea with or without vomiting | body aches | and chills with or without fever.

With so many ambiguous symptoms, drug companies have reacted to give people what they say they want. Fast relief. A quick fix. A miracle cure.

In fact, a recent TV commercial for an over-the-counter heartburn remedy promises, and I quote: "You can have your cake and it too."

The commercial shows a woman who had suffered from frequent heartburn, now gobbling a big piece of chocolate cake.

The drug being advertised is a Proton Pump Inhibitor (PPI) that blocks pain.

So the lady may not be feeling the pain caused by the cake, but the problem is still there.

And because you stop feeling the pain, you allow the condition to continue and enable the inflammation to burn out-of-control.

As the condition worsens, your body may be damaging itself more profoundly and leaving you open to more-serious diseases.

Now, please understand and appreciate that I don't mean to downplay the many amazing drugs that have been developed to treat specific life-threatening conditions.

But I've noticed that certain drugs are developed based on market research into what people want to buy. In other words, drug caters are catering to popular demand.

And as long as people want symptomatic relief, there will always be companies that want to profit by relieving specific symptoms.

WHAT DOESN'T WORK 2

Now, if you go to any competent healthcare provider for advice about digestion problems, the first thing they'll explore is your food choices.

And food choice evaluation is my starting point too.

Here's why.

I don't want to give you the impression that you can solve your digestion problems while living on junk food and fast food.

Any program designed to correct digestion problems has to include a common-sense approach to food.

The problem is that, in the western world, much of the food available today is unhealthy.

Unfortunately, food packagers rely on preservatives, so food can sit on the shelf longer before it spoils.

To make matters worse, food processing kills the food. And humans can't live on dead food. No animals can.

The result is that lot of what is on the shelf in supermarkets is dead food or food that has very little nutritional value.

You see, in fresh foods, the cells are still alive and contain nutrients in a form your body can process and use.

Dead foods have very few nutrients.

Like the cake mentioned above, dead food is unspoiled, but it has very little nutritional value and is impossible to digest.

So as the food travels slowly through the gut, it causes an array of digestive problems.

Rather than breaking down and becoming nutritious, the food turns rancid and becomes a burden to the body.

And as you may have noticed, dead food is also somewhat tasteless, so food processors add artificial flavors plus sugar and salt to give it an addictive flavor.

WHAT DOESN'T WORK 3

The practices of today's food packagers have gotten a lot of attention in recent years.

So people are more aware of the down-side of today's food quality.

As a results, many people have turned to vitamins, minerals and supplements.

According to a 2016 study by Grand View Research, the market size of dietary supplements worldwide was estimated at 133.1 billion dollars with growth expected to be above 9% each year.

This seems like a step in the right direction, but there are problems in the food supplements industry.

For instance, the quality is not clinical grade and professional strength, so the products may not accomplish what they promise.

For another thing, these products are most often sold from retail stores and online sites without the benefit of professional guidance.

So you may think your supplements are doing their job.

But if you're taking the wrong supplements, or inadequate amounts of the right supplements, you may be wasting your time and money — and potentially doing more harm than good.

To sum up, there are severe problems with most common approaches to gut health.

Most drugs and over-the-counter remedies treat the symptoms and inhibit the pain without solving the underlying problem.

A common-sense approach to food choice is the right idea, but today's food processing methods and bacteria-killing medicines may do as much harm as good.

And the wrong supplements in the wrong dosage are a discouraging waste of time and money.

PROGRAM PROMISE

In my wellness practice, I coach my clients on how to restore gut health with a guided program of probiotics and enzymes.

And I want to do the same for you.

Imagine life free of stomach pain. Life without the embarrassing symptoms of gas or diarrhea. Without the discomfort of bloating, constipation or indigestion.

We're not talking about a treatment to disguise symptoms.

My focus will be on correcting the root cause and restoring normal function.

But to

CALL TO ACTION

In my experience, an unhealthy gut does not suddenly self-correct.

Unless you make changes, you will continue to experience the painful, inconvenient symptoms for the rest of your life.

But if you act now, you can be on the road to a healthier gut in 90 days or less.

The first step is easy and absolutely free.

I perform an online evaluation of your gut health to determine the exact program that best suit your needs.

You risk only a minute or two of your time to answer a few multiple choice questions.

So even if you think this is something you may be interested in, feel free take the the quiz and find out your optimal path to a healthier gut.

To get started, please click the button below. Here's the first question:

Are you a man or a woman?

To submit your answer, click the button to get started:

[Yes, Take Me To The Quiz!]

Click to get started on the quiz