



DIGESTIVE HEALTH ROADMAP



Welcome to Your Digestive Health Roadmap

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 Pennsylvania helping clients address a huge number of health and wellness issues.

An amazing number of symptoms can be traced back to poor gut health, including these **well-known symptoms**:

- ◆ Indigestion
- ◆ Gas
- ◆ Bloating
- ◆ Constipation
- ◆ Diarrhea

And **symptoms with surprising links to poor gut health**, including:

- ◆ Sniffles and sinus problems
- ◆ Sleeplessness
- ◆ Headaches and migraines
- ◆ Chronic fatigue
- ◆ Brain fog





DIGESTIVE HEALTH ROADMAP



Welcome to Your Digestive Health Roadmap

In a normally functioning gut, multiple systems work together in perfect balance to provide nutrition to every cell in your body. But the above symptoms are often a clue that this perfect balance has spiraled downward into **Gut Chaos**.

When my one-on-one clients restore their gut to normal function, a lot of their symptoms simply go away. Clients often tell me they can't believe how much better they feel after being on one of my specialized programs for their condition for just a few short weeks.

The following section is a series of **Digestive Health Mindmaps** to give you an overview. After that is a **Digestive Health Key** with explanations and commentary. At the end, I'll fill you in on some positive steps you can take to find out more about the root cause of your symptoms.

It is my hope that this information will be your first step in taking control of your gut health and achieving a symptom-free life.

I'm Dr. Clair Zimmerman.

Here's to your health!

NOTE: This **Digestive Health Mindmap** is a companion to the **Digestive Health Video** on my website. Access the video anytime at [LINK]

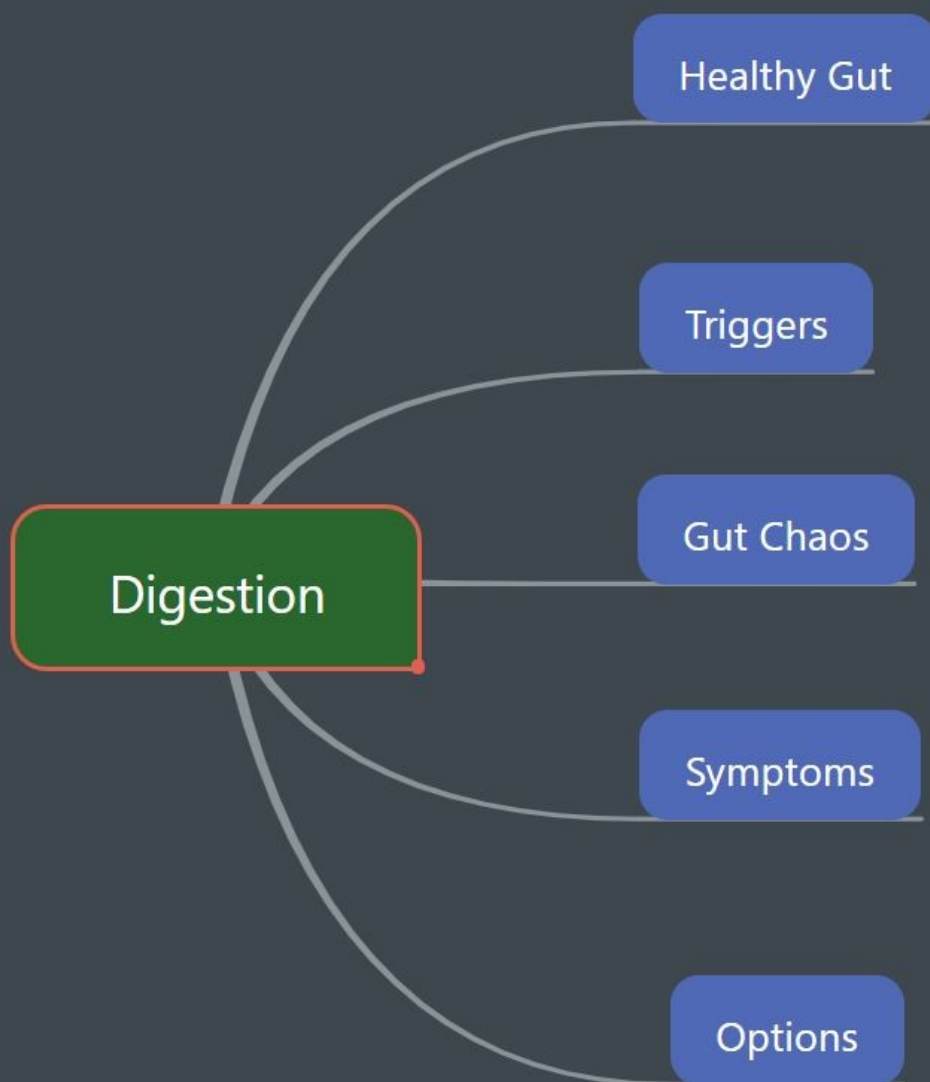




DIGESTIVE HEALTH ROADMAP

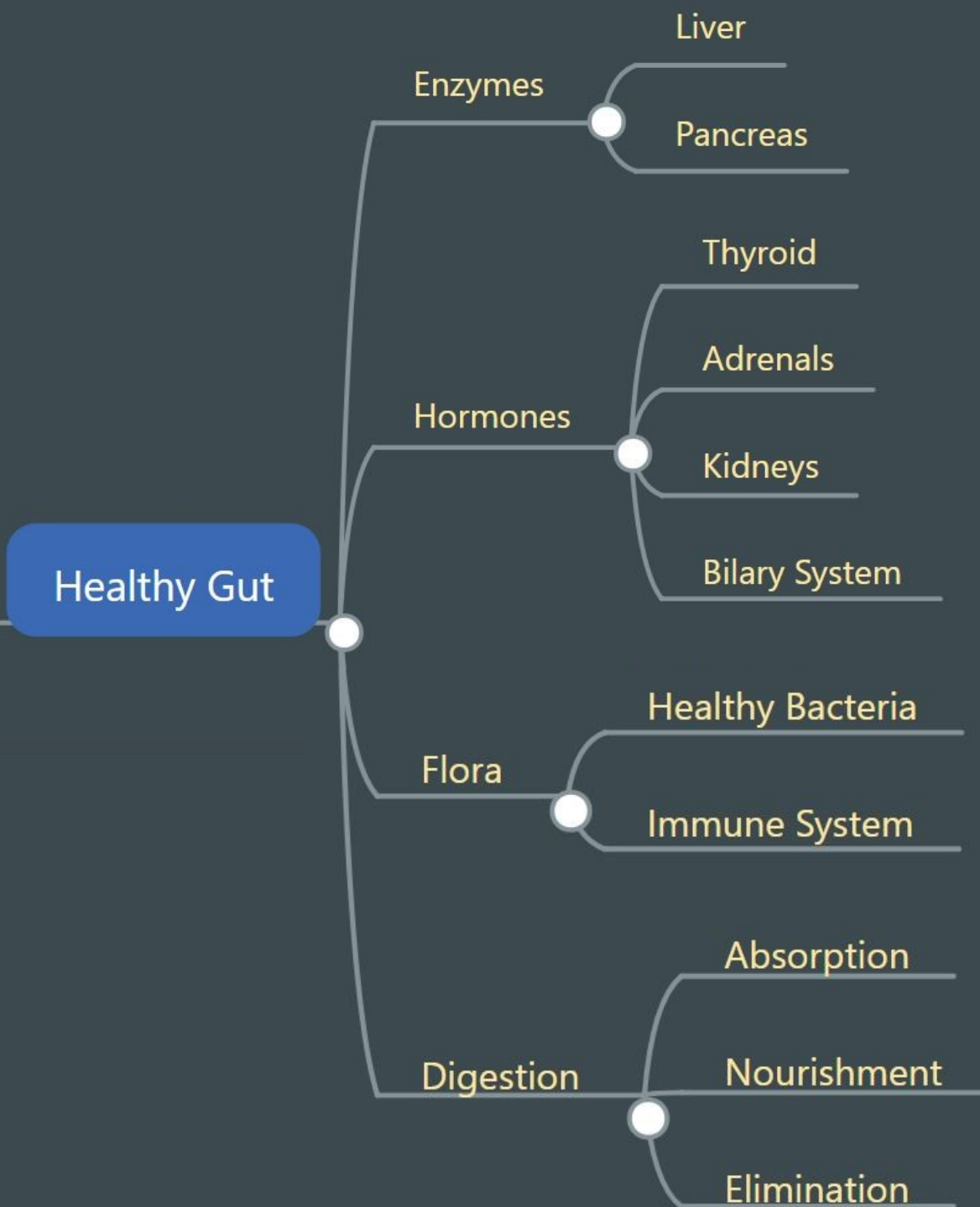
1

Digestive Health Roadmap Mindmap



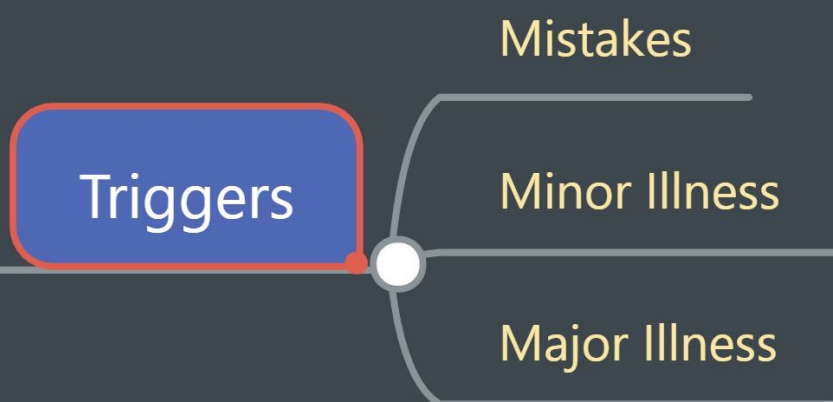


DIGESTIVE HEALTH ROADMAP





DIGESTIVE HEALTH ROADMAP





DIGESTIVE HEALTH ROADMAP

Gut Chaos

Slowdown

Rot

Toxins

Inflammation

Organ Overload

Malabsorption

Gut Chaos



DIGESTIVE HEALTH ROADMAP

Symptoms

Fatigue

Migraines

Stomach Pain

Acid/Sour Taste

Burping/Belching

Nasal Congestion

Brain Fog

Diarrhea

Constipation



DIGESTIVE HEALTH ROADMAP

Options

Medical Symptom Treatment

Self-prescribe Over-the-counter

Gut Restoration



DIGESTIVE HEALTH ROADMAP

2

Mindmap Written Description

OVERVIEW:

The purpose of this Digestive Health Mindmap is to help you understand:

- ◆ How a healthy gut functions
- ◆ The triggers that throw the gut out of balance
- ◆ What happens when digestive slowdown spirals into Gut Chaos
- ◆ Symptoms that correlate with Gut Chaos
- ◆ Options for dealing with these symptoms



DIGESTIVE HEALTH ROADMAP

2

Mindmap Written Description

Healthy Gut

When you chew your food you're not only breaking down the food into pieces you can swallow, you're also mixing the food with enzymes that begin the digestive process.

When you swallow, the food lands in the stomach where more enzymes are added by the liver and pancreas.

The body controls this process with hormones from the thyroid, adrenal glands, kidneys and biliary system.

Already present in a healthy digestive tract is a colony of beneficial bacteria known as the Flora. Among other things, the Flora ferments dietary fiber into short-chain fatty acids (SCFA), such as acetic acid and butyric acid, to be absorbed by the body.

The Flora also helps synthesize certain vitamins such as vitamin B and vitamin K and helps metabolize bile acids, sterols, and xenobiotics. Most critical, the Flora also correlates with a healthy immune system and with controlling inflammation.

From the stomach, food travels into the intestines where it is converted into a form that can be absorbed by the body and provide nutrition for the 50-100 trillion cells in the human body.

Wastes are then eliminated from the body through the anus and kidneys.

That's how a healthy body functions.



DIGESTIVE HEALTH ROADMAP

2

Mindmap Written Description

Triggers

Now let's take a look at the triggers that throw this process out of balance.

First, certain serious illnesses can compromise the digestive system. If you have a major illness, you probably already know about it through your medical doctor. But if medical tests have come back inconclusive, chances are that you're free of disease.

Second, a minor illness such as a stomach virus or infection can disrupt the digestive system temporarily. But a healthy human body is capable of handling these temporary conditions in a few days or a couple of weeks.

The third set of disruptive influences are Mechanical, Environmental, and Neurological (MEN).

- ◆ **Mechanical:** an obstruction in the digestive pathway or ordinary constipation.
- ◆ **Environmental:** certain foods or medications that you ingest.
- ◆ **Neurological:** stress from outside, such as difficulties on the job or internal agitation about a situation.

Any of these conditions can cause a slowdown of the digestive system.



DIGESTIVE HEALTH ROADMAP

2

Mindmap Written Description

Gut Chaos

When digestion slows down, the food decomposes, meaning it begins to rot, a perfectly normal step in the cycle of life — except when it happens inside your body.

When digestion slows down and food begins to rot, the process generates toxins that are poisonous to your body.

The toxins trigger inflammation, which is your immune system trying to protect you by getting rid of the toxins.

Sometimes this happens through violent vomiting or diarrhea. But sometimes the toxins stay in your body.

When toxins and inflammation are present, the kidneys, liver and other organs attempt to handle the toxins. But as the level of toxins and inflammation increases, the organs get pushed too far. The result is organ overload, which takes resources away from the digestive process and causes further slowdown.

With toxins and inflammation present, the digestive system begins to falter. Your body can't digest enough food to be absorbed and nourish the cells, a condition called malabsorption.

Without enough nourishment going to the cells, the slowdown gets worse, until it triggers a vicious cycle called Gut Chaos.

Unchecked, gut chaos gets worse and worse as rot continues, more toxins are generated, inflammation worsens, organ overload continues, and malabsorption leads to more gut chaos.



DIGESTIVE HEALTH ROADMAP

2

Mindmap Written Description

Symptoms

As the vicious cycle spirals downward, symptoms of illness appear, triggered by the toxins, inflammation, and organ overload.

- ◆ Stomach pain
- ◆ Indigestion
- ◆ Acid taste in the mouth
- ◆ Belching and burping
- ◆ Constipation
- ◆ Diarrhea
- ◆ Migraines
- ◆ Headaches
- ◆ Excessive fatigue
- ◆ Brain fog
- ◆ Nasal congestion



DIGESTIVE HEALTH ROADMAP

2

Mindmap Written Description

Options

There are a number of ways to respond to gut health challenges. Some are good and some are bad.

OPTION 1: MEDICAL TREATMENT

If you visit any competent healthcare provider for advice about chronic diarrhea 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 diarrhea problems while living on junk food and fast food. Any program designed to correct chronic diarrhea 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. Dead food is unspoiled but has very little nutritional value and is impossible to digest.



DIGESTIVE HEALTH ROADMAP

2

Mindmap Written Description

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.

These substances also cause health problems.

OPTION 2: SELF-PRESCRIBING

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 digestion problems, now gobbling a big piece of chocolate cake.

The drug being advertised is a Proton Pump Inhibitor — or 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, the condition continues and inflammation burns out-of-control. As the condition worsens, your body may be damaging itself more profoundly and leaving you open to more-serious diseases.



DIGESTIVE HEALTH ROADMAP

2

Mindmap Written Description

Now, please understand 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 companies are catering to popular demand. And as long as people want symptomatic relief, there will always be companies that want to profit by promising to relieve specific symptoms.

Food-packaging methods 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.

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.

OPTION 3: GUT RESTORATION

In my wellness practice, I coach my clients on how to restore gut health with a guided program that includes probiotics and enzymes, plus easy ways to adjust habits for a healthier lifestyle.



DIGESTIVE HEALTH ROADMAP

2

Mindmap Written Description

My online program is modeled on my in-person wellness practice.

We're not talking about a treatment to disguise symptoms. My focus is on correcting the root cause and restoring the normal functionality of your gut.

As you probably have heard, some so-called wellness professionals simply sell you whatever you're willing to buy. I don't do that. And here's why.

In my private wellness practice, I have a great reputation for always doing the right thing for my clients. And that intention carries over into the online portion of my business.

So I want you to know that I'm not in the business of merely selling you whatever you're willing to buy. That I'll never make you do guesswork. That you don't have to do this alone.

I'll monitor your wellness program and suggest adjustments at the right time to help you optimize your gut health.

In other words, I'll be here for the long run.



DIGESTIVE HEALTH ROADMAP



Your Invitation

It would be impossible for me to recommend a program to you without knowing more about you. So I invite you to take my **Gut Health Quiz** free of charge and with no obligation.

After completing the short quiz, you'll find out how you scored on our Gut Health Scale. In addition, I'll reveal the #1 thing you can do to address the root cause of your symptoms.

To get started on the free **Gut Health Assessment Quiz**, click the link below or copy-and-paste it into the address bar of your browser.

[Insert link]

I'm Dr. Clair Zimmerman.

Here's to your health!

