# 5 SIGNS

## YOUR GUT HEALTH IS MAKING YOU SICK, TIRED & OVERWEIGHT AND HOW TO FIX IT.

# Let's call it, gut health is not a sexy subject, right?

But how can you expect to live your best life if each day you wake up feeling...

| | |
|---|---|
| **1** | Lack of energy, lethargic |
| **2** | Overweight, regardless of how many calories you cut |
| **3** | Brain fog or headaches |
| **4** | Bloated and gassy |
| **5** | Upset tummy and reflux |
| **6** | Skin complaints, breakouts |

Let's take a quick look at the importance gut health has on your overall well being and some simple solutions to get you back feeling like the real you again, you know the one... full of energy, vitality and fun!

Yeah, let's bring that version back!!

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## THAT YOUR GUT HEALTH NEEDS SOME HELP

**01.** Tummy issues (bloating, upset tummy, gas, digestion issues, loose bowel, reflux, food intolerance, heart burn, IBS)

**02.** Chronic stress (poor sleep/insomnia, headaches, nausea, dizziness)

**03.** Mental health (anxiety, depression, brain fog, memory issues)

**04.** Skin complaints (breakouts, rosacea, dull/uneven skin tone, eczema)

**05.** Using Antibiotics/auto immune issues (unfortunately, prescription antibiotics whist great for killing infection - can also upset the good and bad bacteria balance in our gut, Hashimoto's, arthritis, psoriasis, Crohn's chronic pain)

Chances are that you said "Yes, that's me!!" to a few of the above questions. You are not alone!

The thing is, all of the above can negatively effect your good bacteria in your gut, giving you symptoms of bloating, poor digestion and constipation and so much more

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# Have you ever looked at your gut health?

Think of the gut lining, like a gatekeeper. It allows things to go in and out of the blood stream.

The gut is responsible for 70% of the immune system - it's where most infections and illnesses start. Poor gut health causes inflammation, which is a component of a number of diseases. See more info below...

Healthy gut = healthy you!

True health starts from the inside out. What happens on the insides, shows on the outside. So, get your insides glowing, for your outsides to glow too!

If you want to feel more energized, look radiant and optimise your microbiome -

I CANNOT recommend the Gut Health Support Pack enough**!!**

AXIS TreBiotic

Liquid Collagen

Digestive Enzymes

Activate

Aloe Vera

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Bel Roach

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