

**PAY ATTENTION TO HOW YOU FEEL BECAUSE**

# How You Feel is Data!

**BRAIN FOGGED? DYSPEPTIC?  
FOOD ADDICTED? OR LEAKY GUT?**

**IF YOU FEEL SOME COMBINATION OF**

<b>MENTALLY</b>	<b>PHYSICALLY</b>	<b>MOOD</b>	<b>BEHAVIORALLY</b>
Poor short-term memory	Digestive complaints	Anxious	Hyperactive
Unfocused	Allergies/Asthma	Depressed	Impulsive
Brain fogged	Bloating/gas/nausea	Irritable	Strong preference for carbs and junk food
ADD/ADHD	Headache	Crazy	Constantly dealing with digestion
Other learning issues	Diarrhea/constipation		Behavioral disorders
Fatigue	Poor immunity		

**AND EATING OR DRINKING PROVIDES  
ONLY TEMPORARY RELIEF FROM SOME SYMPTOMS**

**THEN IT'S TIME TO SEE IF YOUR CRAZY FOOD CRAVINGS  
AND DIGESTIVE ISSUES RELATE TO**

**A LEAKY GUT**

**YOUR NEXT STEP IS...**

- \_\_\_ Read about leaky gut
- \_\_\_ Check out a physician who practices environmental medicine.
- \_\_\_ Contact Suppers about meetings for people with digestive issues.
- \_\_\_ Contact us about taking fermentation classes.