

THE COLONICS QUEEN'S

DIGESTIVE SYSTEM

HAYNES MANUAL

FLAT BATTERY?

LETHARGY AND FATIGUE:

Busy lives, lack of sleep and stress can cause brain overload and digestive system warning signs.

RECHARGE REQUIRED

More sleep is an easy solution here. Including some stress relieving activities will also benefit the digestive system as stress can cause problems there too.

Click here for my blog for more info on how stress affects the digestive system.

SLOW PUNCTURE?

LEAKY GUT:

The gut's natural permeable membrane has developed larger holes, which is letting through undigested food particles that are getting into the blood stream and causing a reaction..

REPAIR THE LEAK

Remove the bad foods from your diet that are causing you to react. Replace with nourishing foods for the gut. Add in some healing probiotics and prebiotics.

Click here for my blog post here for more information on Leaky Gut Syndrome.

ENGINE NOT SMOOTH?

CONSTIPATION OR DIAHORREA:

These are symptoms of an issue with the health of the digestive system.

EMPTY THE DIRTY OIL

In other words, perhaps you should consider having a Colonic to clean your digestive system out and make a plan to maintain a clean system for the future.

Click here for my blog posts here about why to have colonic hydrotherapy

SMOKY EXHAUST?

SMELLY GAS:

Could be the signs of a food intolerance or IBS.

DIAGNOSE THE CAUSE

Take a food intolerance test or stool sampling test to work out if there is something causing the reaction. You could try a FODMAP diet, which removes foods that are known irritants to see if that makes a difference.

Click here for my blog post on more ways to help IBS symptoms.

OIL LEAK?

HEARTBURN:

Increase of stomach acids and some of the stomach contents are forced back up into the oesophagus, leading to a burning sensation.

PLUG THE LEAK

Eat smaller meals, cut down on common causes of heartburn such as spicy foods, alcohol and caffeine. Think about if stress is to blame too, as this can have an effect on stomach acids.

Click here for my blog post on whether your digestive symptoms are stress related.

CONTACT: 0161 207 4034 OR 07900 082 080

WWW.COMPLETEHEALTHCLINIC.CO.UK