



Balancing your Gut Biome

Reasons your gut farm is struggling can be

- A High-Sugar Diet
- Antibiotics
- Chronic Stress
- The Contraceptive Pill
- Heavy metal toxicity
- Chemical Exposure

If you are suffering from any of these symptoms its likely to be coming from your gut

- Auto immune disease
- Acid reflux
- Acne
- Allergies
- Asthma
- Arthritis
- Bleeding gums
- Bloating
- Body odor
- Constipation
- Cracked tongue
- Cravings for sugary snacks
- Crying spells
- Diarrhea
- Dizziness
- Flatulence

- Flu-like symptoms
- Fungal skin rash
- Halitosis
- Inability to focus
- Inability to lose weight
- Indigestion
- Insomnia
- Irritability
- Itchy anus
- Itchy eyes
- Low libido
- Mucus in stool
- Muscle aches and stiffness
- Nausea
- Panic attacks
- Persistent extreme fatigue
- Poor coordination
- Poor memory
- Psoriasis
- Sensitivities to fragrances and chemicals
- Sensitivity to light
- Sinus infections
- Stomach cramps
- Recurrent UTI's
- Water retention

Spit test take this test 6 days in a row and see how out of balance you are
<https://www.candidasupport.org/resources/saliva-test/>

Simple things you can do

1 tsp bicarb of soda in water every day

1 tsp apple cider vinegar in water every day

Oregano capsules, omega 3 and a good probiotic
Cut out all sugar, grains and peanuts while healing

Use EFT for stress

<https://www.youtube.com/watch?v=QXHEONme5rQ&list=PLXMeqTX8zfLbKNcnifh6enowMz0HYbaN&index=10&t=0s>

Take a cold shower, or even just wash your face in cold water, this calms the vagus nerve.

Meditate, Let go, try the healing codes and/or do the 4,7,8, breath
Meditation 6 mins

<https://www.youtube.com/watch?v=pY-QV1L4JOA>

Healing codes 8 mins

<https://www.youtube.com/watch?v=lgMUZE43GTU>

4,7,8,

Letting go and breathing

https://www.youtube.com/watch?v=Cy17pZvy_TM&list=PLZyTeM_R6WCjISfQbTAmjgh-QBGLgl3Z1&index=4&t=74s

Create a strong mindset for healing, rebalancing and success.

I AM healing

I HAVE the power to heal

It is safe for me to heal

I allow myself to heal

The power of your words with the force of your intention changes matter.

If you need convincing watch the Master explain it.

Dr Joe Dispenza

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