

Take our short questionnaire to see if your gut health may be more of an issue than you know.

Do you have seasonal allergies? . . . . .	<input type="checkbox"/> Yes	<input type="checkbox"/> No	<input type="checkbox"/> Unsure
Do you often get mentally foggy? . . . . .	<input type="checkbox"/> Yes	<input type="checkbox"/> No	<input type="checkbox"/> Unsure
Do you often get bloated or gassy, especially after eating? . . . . .	<input type="checkbox"/> Yes	<input type="checkbox"/> No	<input type="checkbox"/> Unsure
Do you have chronic sinus congestion? . . . . .	<input type="checkbox"/> Yes	<input type="checkbox"/> No	<input type="checkbox"/> Unsure
Do you experience heartburn? . . . . .	<input type="checkbox"/> Yes	<input type="checkbox"/> No	<input type="checkbox"/> Unsure
Do you have trouble with diarrhea? . . . . .	<input type="checkbox"/> Yes	<input type="checkbox"/> No	<input type="checkbox"/> Unsure
Do you have days in which you do not have a bowel movement? . . . . .	<input type="checkbox"/> Yes	<input type="checkbox"/> No	<input type="checkbox"/> Unsure
Do you have a history of taking antibiotics, birth control pills, acid-blocking drugs, NSAIDs or steroids? . . . . .	<input type="checkbox"/> Yes	<input type="checkbox"/> No	<input type="checkbox"/> Unsure
Do you have food allergies? . . . . .	<input type="checkbox"/> Yes	<input type="checkbox"/> No	<input type="checkbox"/> Unsure
Do you have eczema, acne, rashes or other skin problems? . . . . .	<input type="checkbox"/> Yes	<input type="checkbox"/> No	<input type="checkbox"/> Unsure
Do you get yeast infections, athlete's foot or fungal toenails? . . . . .	<input type="checkbox"/> Yes	<input type="checkbox"/> No	<input type="checkbox"/> Unsure
Do you have excessive belching or burping? . . . . .	<input type="checkbox"/> Yes	<input type="checkbox"/> No	<input type="checkbox"/> Unsure
Do you experience nausea or loose stools after consuming high-fat foods? . . . . .	<input type="checkbox"/> Yes	<input type="checkbox"/> No	<input type="checkbox"/> Unsure
Do you experience pain between the shoulder blades or under right rib cage? . . . . .	<input type="checkbox"/> Yes	<input type="checkbox"/> No	<input type="checkbox"/> Unsure
Do you have any known autoimmune conditions (ex: Hashimoto's thyroiditis, rheumatoid arthritis, lupus, Celiac disease, scleroderma, Addison's disease, Graves' disease, Type 1 diabetes, vitiligo, Psoriasis, etc). . . . .	<input type="checkbox"/> Yes	<input type="checkbox"/> No	<input type="checkbox"/> Unsure

Total:     Yes     No     Unsure

## If you answered “yes” to

**Any of these questions,** you may want to consider a 30-day GUT.FIX program 1-2 times per year. With the assault from food additives, sneaky added sugars and environmental toxins that our digestive tracts endure, it's well worth it to show your system some extra periodic support.

**Three or more:** consider a Food Sensitivity Panel + GUT.FIX. In addition to the environmental toxins and issues with our food supply causing imbalances, you're likely to have subtle, delayed reactions to specific foods that may be contributing to your issues. Test to figure out what foods (even ones that are generally considered healthy!) might be a concern for you, and use that information to head into the GUT.FIX Program armed with a little extra knowledge.

**Five or more:** consider Food Sensitivity Panel + GUT.FIX followed by a round of D.TOX kit. It sounds like you are struggling with several different issues at one time – no good! Take heart, however – you have solid options. Let's start by first, testing your unique food triggers. Secondly, optimize your digestive function with the GUT.FIX program. This will ready your body for a third step; two weeks of a real food, metabolism-supporting D.TOX program to maximize your results. With so many reported issues, also partner with a qualified medicine practitioner in your area who is well versed in assessing and addressing gut issues.

**Talk with a Fitness Professional about how GUT.FIX can help you.**

GUT.FIX<sup>SM</sup> is a nutrition & dietary supplement program designed to support your body's digestive system by following a modified elimination diet nutritional plan that eliminates certain highly-processed foods along with taking certain nutritional supplements. Responses to the GUT.FIX<sup>SM</sup> program will vary based on individual characteristics. The GUT.FIX<sup>SM</sup> program and materials are for educational use only and should not be considered or used as a substitute for medical advice, diagnosis or treatment. Participants should seek the advice of a physician or other qualified health care provider with any questions regarding personal health or medical conditions or before beginning any new dietary or nutritional supplement program. Individual results may vary. Factors such as diet, genetic makeup, overall health and physiological differences may influence results. You expressly assume any and all risks of injury relating to the GUT.FIX<sup>SM</sup> program and release Life Time Fitness, Inc. from any and all claims arising out of such.