



Discover Holistic Health
Bringing Holistic Health To The Masses

Digestive Health Part I Outline

- I. Digestive Health Nuts and Bolts
 - A. Evaluation of Your Digestion
 - 1. The Perfect Stool
 - B. Introduction to Digestive Health
 - 1. Case Study
 - C. Digestive Enzymes and the Process
 - 1. Case Study
 - D. Mucosa and Absorption
 - E. Large Intestine and Role of Bacteria
- II. Common Problems Areas In Digestive Health
 - A. Leaky Gut Syndrome
 - B. Dysbiosis
 - C. Candidia
- III. Constipation
 - A. known cause
 - B. symptoms
 - C. solution
- IV. Diarrhea/Loose Stools
 - A. known causes
 - B. symptoms
 - C. solutions