



## Gut Quiz Decoder



# Your Results Are In!

This quiz was designed so that the questions match up with certain conditions. The 3 most common functional gut dysfunctions are SIBO, Candidiasis and Leaky Gut (Intestinal Permeability). The good news is if one of these are your issue, then they can mostly be cured or managed. All you have to do to get your results is add up which answer you provided and identify which number you answered the most.

You Got Mostly (1)

### **You Might Be Suffering From Candida.**

Candida is a type of yeast that can grow in the mouth, vagina and it can over grow in your intestinal tract. It causes symptoms such as intense sugar cravings, fatigue, headaches, joint pain, oral thrush, skin reactions and brain fog. It is diagnosed with a stool test, oral, vaginal culture and blood tests. Candida can be resolved which can vastly improve your quality of life.

You Got Mostly (2)

### **You Might Be Suffering From Leaky Gut.**

Leaky gut is a common name for intestinal permeability which is when the tight barrier of your gut lining is compromised. This permeability can lead to sensitivities to foods and can cause rashes, allergies, fatigue, insomnia, chronic diarrhea, constipation, joint pain, headaches and nutritional Deficiencies. It is diagnosed clinically although a food sensitivity test can be completed.

# Gut Quiz Decoder

You Got Mostly (3)

## **You Might Be Suffering From SIBO** (Small Intestinal Bacteria Overgrowth)

Small Intestinal Bacterial Overgrowth is a very common GI disorder. It is when bacteria are from the large intestine overgrow into the small intestine and ferments. This causes abdominal pain, distention, bloating, gas and nausea as well as other symptoms. The good news is you can fix this condition but first it must be diagnosed with something called a breath test. It is a noninvasive test that measures the amount of fermentation the bacteria produce.

## **But I Was Told I Have IBS...**

Some of you might be diagnosed with IBS which might make this confusing. Irritable Bowel Syndrome is a clinical diagnosis for a function gut dysfunction in the ABSENCE of a diagnosis. It is considered a “catch all” diagnosis when the real problem isn’t found. There is good news though, there is almost always an answer for why you are having symptoms and with a little hard work the problem can be fixed.

## ???

## **How Do I Fix It?** ???

First, we must identify what the issue is and then we can resolve it. How are you suppose to fix a problem if you don't know what it is? How do we do that? We do that by taking a detailed medical history and medical testing. I know, I have been through it myself and it was really hard. In the end, I healed my SIBO and I took back my life. You can too! So when you are ready, let's take that journey together.

**Want to know EXACTLY what your body is telling you?**



**Schedule Your consult TODAY!**

**I Want To Know**



**Dr. Faith Coats**  
Board Certified  
Naturopathic Doctor



[www.faithfuldoc.com](http://www.faithfuldoc.com)

*Let's  
Connect*

