

A person is sitting on a light-colored couch, wearing a grey sweater and blue jeans with a tear at the knee. They are holding a pink menstrual cup in their hands. The background is softly blurred, showing a window and a grey cushion.

MY FAB 5 TIPS FOR  
RELIEF FROM

*Embarrassing  
Digestive Issues*



# Hi! I'm Heather!

I'm a wife and mom, Master Health Coach, and founder of Root Cause Solutions.

I teach women who are dealing with gut and belly issues how to make choices and changes that get to the root of their issue.

When I was struggling with my own digestive issues, I tried a lot of different approaches--cut this out, eat that, and take a million supplements. I would experience a little, temporary relief, but nothing really helped long term or fixed things for good.

I alternated between feeling frustrated that I couldn't do certain things because of the uncertainty regarding my symptoms, and the stress of always looking for the next 'quick fix'.

Thankfully my issues weren't serious enough that I needed medical intervention, but they were disrupting my life on a very regular (no pun intended!) basis.

When you feel blah and bloated, and are never quite sure how quickly you may need to be *really* close to a restroom, it can put the pinch on normal daily activities...and even more so on doing special things like getting away for a vacation, taking a hike, or even a night out with friends or family.



So I finally decided to get smarter about food. I had read multiple doctors who basically chalked belly issues up to heredity and bad luck.

Very few made the connection that I felt was obvious--I mean the only thing that goes through your digestive system is food...so why wouldn't that be part of the key to fixing the problem? As I dug in, I found several other factors that made a huge difference in not only my belly issues, but also my overall health.

One of the main reasons I became a health coach was because I wanted to share the life-changing info I had found with others--because as I talked and worked with clients, there were so many who were dealing with the same issues I was.

# Fab 5 Steps for Belly Relief . . .

Here are some simple steps to FINALLY help get your belly issues under control.  
I encourage you to try these for a week and see the difference it makes for yourself!

01

The two biggest food groups that set my symptoms off, and are major triggers for many people, were dairy and grains. That said, flat out avoiding them is tricky at best-- because while it may be easy to avoid drinking a glass of milk-- dairy and grains are very pervasive and it's hard to just go cold turkey without a major pantry and lifestyle overhaul.

Since that's not our goal this week, my tip is this: swap out the big, obvious ones-- skip the coffee creamer and bagel or cereal and milk for breakfast, the sandwich for lunch and the big plate of pasta with a side of bread for dinner. A few of my favorite healthy swaps included further down to help you make those switches.

02

*Avoid the drive-thru.* There is definitely a price to their convenience, and it's a steep one. Filled with inflammatory fats, loads of chemicals, preservatives, and ingredient lists longer than your home to-do list, they are a sure way to be feeling that meal for hours and even days afterwards.

Your goal this week is to pack your lunch--check the swap list for some super simple ideas that are quick, delicious and will make your belly happy!

03

*Drink your water!* Our bodies are like the earth...or should be...about  $\frac{3}{4}$  water! Many of the digestive issues we deal with- from brain fog and constipation to bloating and inflammation- can be linked to low levels of hydration. Not enough water means food sits too long in our digestive tract, which then causes a lot of gas and pressure...and pain.

For this week, swap out your regular non-water drinks for some pure filtered water...bonus points if you swap your morning coffee with some herbal tea or lemon/ lime water!

04

*Make your belly happy with some of these soothers!* It's not only about cutting out the bad stuff--we want to incorporate some good things that will make our bellies happy!

These are some of my favorites: Apples and applesauce, pears, all kinds of berries, leafy greens, avocado, sweet potatoes, papayas, mangoes, grapes, bananas, and white potatoes. (With the potatoes--skip the butter, sour cream and cheese sauce! Try them with some fresh herbs and a little salt and pepper.)

05

*Take a relaxing walk!* Gentle movement and exercise help with multiple facets of our health--it helps move food through our digestive system, helps reduce stress, circulates your lymph system, and releases "happy hormones" into your body! Also, many of us are very shallow breathers, so those deep breaths fill our bodies with lots of oxygen, which helps with inflammation, and makes our brains work better!

Make it your goal this week to get out and take a 15-20 minute walk each day. No marathons to run or anything like that, just a short walk at a good, comfortable pace. Breathe deep while you walk, and bonus points if you walk in the woods, along the water or in a park--but even just around your neighborhood is fantastic!



# Healthy Swaps

## Instead Of:

Wheat or Rice Pasta

Whole Wheat or White Bread

Cereal

Dairy Milk, Cream

Cream Cheese

Yogurt

Butter

Dairy Ice Cream

Chips/Crackers

Soda/Fruit Juice/Diet or Sports Drinks

Sour cream based dips/Salad Dressings

## Try This!

Zucchini Noodles, Spaghetti Squash, Banza Pasta,

Lentil or Chickpea pasta

Coconut Wrap/Lettuce Wrap

*Organic* Steel Cut or Rolled Oats

Almond, Cashew, Oat milk (no added sugar)

Cashew Cream Cheese

Coconut or Oatmilk Yogurt

Ghee

Dairy-free gelato, Almond/Coconut/Oatmilk 'Ice cream'

Cucumber slices, sliced bell peppers

Herbal teas, fresh pressed fruit and veggie juices,

water infused with fresh fruit or herbs

Guacamole, hummus, Fresh salsas

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# Top Tips...

- My favorite dinner go-to is the sheet-pan dinner! Throw a bunch of **veggies**--like broccoli, cauliflower and some asparagus (or whatever your favorites are) along with whatever **meat** you are in the mood for, (like chicken breast, fish filets, some steak or pork chops) **toss with some amazing seasonings**, (onion, garlic, salt, pepper, cajun, lemon pepper, etc) and a couple tablespoons of avocado oil. **Bake at 375\*** till the meat is cooked through and enjoy with a salad! Make 2 pans for some easy leftovers for lunches or dinner the next day!
- So many breakfast foods are filled with grains, processed junk and lots of sugar! **Think outside the box** by making a power packed smoothie (my favorite is an organic vanilla flavor protein powder, 2 Tablespoons of ground chia seeds, 1/2 cup of your favorite frozen fruit (blueberries, cherries, pineapple, strawberries) and 2 Tablespoons of organic collagen powder. Blend with a 1-1 1/2 cups ice water in a blender till smooth.  
Other breakfast options include a smoothie bowl with fresh/frozen fruit, an omlette with spinach & leftover roasted veggies, or a coconut wrap with almond butter and some strawberries or bananas.
- **Plan ahead!** Many of our not so great food choices stem from packed schedules, too many errands and not being prepared before we walk out the door in the morning. Pack your lunch the night before, and include an extra piece of fruit or sliced veggies if you know you have kids to taxi or errands after work so you aren't 'starving' and tempted to drive thru somewhere.  
Same goes for your dinner--take a couple minutes the night before to put any frozen items in the fridge to start thawing, and check your favorite cookbooks and Pinterest for easy crock-pot and Insta-Pot meals that can be ready when you need them!