



Balancing Nutrition
Tu cuerpo en Equilibrio

Symptoms you might have a leaky gut:

Chronic diarrhea, constipation, gas or bloating

Dark under or around the eyes

Stuffed nose, blowing nose during meals

Nutritional deficiencies

Poor immune system

Headaches, brain fog, memory loss

Excessive fatigue

Skin rashes and problems such as acne, eczema or rosacea

Cravings for sugar or carbs

Arthritis or joint pain

Depression, anxiety, changing moods, confusion, ADD, ADHD

Autoimmune diseases such as rheumatoid arthritis, lupus, celiac disease or Crohn's

And more...