
Test-Conscious Body Conversations: The Human Microbiome

1 message

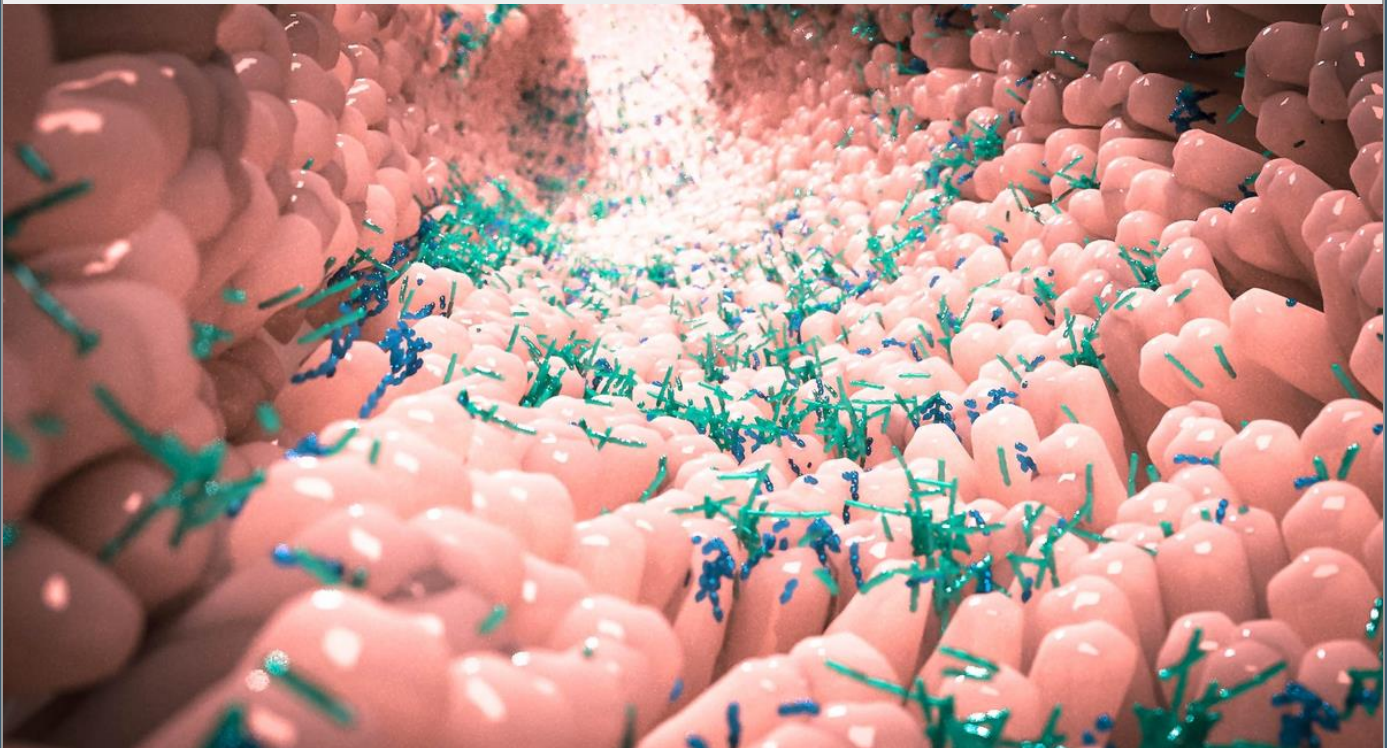
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Tue, Oct 12, 2021 at 11:49 AM

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Conscious Body Conversations

The Human Microbiome

Recently I have had a number of patients coming in with digestive complaints, skin rashes, breathing difficulties, fatigue and a host of other symptoms. In every case there are layers of issues that have been building up over time and it takes time to dig through those layers to resolve an unhealed "wound" at the bottom. But in digging through those layers, there is one thing that is becoming clearer with each case. The microbiome.

The human microbiome includes all the little tiny organisms that work quietly 24 hours a day to keep you healthy. The largest portion of these is in the digestive system, but there are so many things that have conspired to make that environment inhospitable to little healthy critters. Antacids, restrictive

diets, no fermented foods, low daily fiber intake, pharmaceuticals, stress, toxin exposure have all taken their toll on our gut. Of the more than 2,000 individual species of microbiota that live in humans, most of us are lucky to have half that number. The less variety we have, the less health we have and the more sensitive and reactive we become.

It's time to focus on the microbiome.



Read my latest blog on the
Microbiome:

I Remember Chocolate Mousse



Begin with Our Microbiome At-Home Test Kit

In order to know what your microbiome needs, you first have to know how it's doing. This at-home comprehensive test does just that by analyzing your gut microbiome genetics from a stool sample and a Lifestyle Questionnaire. This two part assessment provides you with a Gut Report outlining your microbiome bacterial and fungal diversity, the phyla balance in the gut and the percentage of beneficial and pathogenic species. It then rates your gut health and provides dietary and lifestyle insights along with supplement/medicinal recommendations for creating wider diversity and health in your microbiome.

Unlike food allergy testing or other gut tests, this goes right to the heart of the matter by assessing the very terrain of your digestive capacity. This isn't about telling you what you shouldn't eat. It's about telling you why you can't eat certain foods and gives you direction towards changing that. It also gives you a window into the driving forces of your immune system and the underlying triggers of autoimmune and inflammatory diseases.

**Now available through Cheryl at our Order Desk at (508) 826-3551
\$129.00**



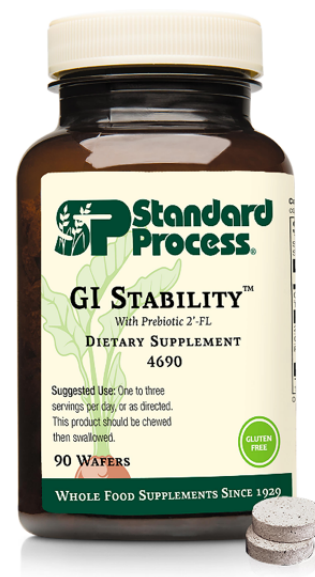
Create Change by Having Really Healthy Meals Delivered Right to Your Door

One of the biggest reasons people don't eat as healthy as they could is because they don't have the time or the desire to create healthy meals. We work too much, we are too busy and by the time we're hungry, we're STARVING!

I want to recommend a solution to you that is affordable and easy (since we can't all have live-in chefs). Factor Food is an at-home weekly delivery of fresh, never frozen meals with premium ingredients that are free of gluten, soy, hormones, antibiotics and preservatives. Their meats and produce are organic and you can choose from meal plans that are Paleo, Keto or vegetarian. They can be microwaved if you are in a rush at the office or in the oven if you have the time at home.

There is no excuse to not eat healthy and this may be just the thing to get you on the right track. With this link I've organized a \$40.00 credit towards your plan plus you can change or cancel anytime. Meals cost \$11.00 to \$12.00 per meal so they are both healthy and affordable. By the way the photo is their mushroom burger ... so enjoy!!

Check out F
actor Food
Plans



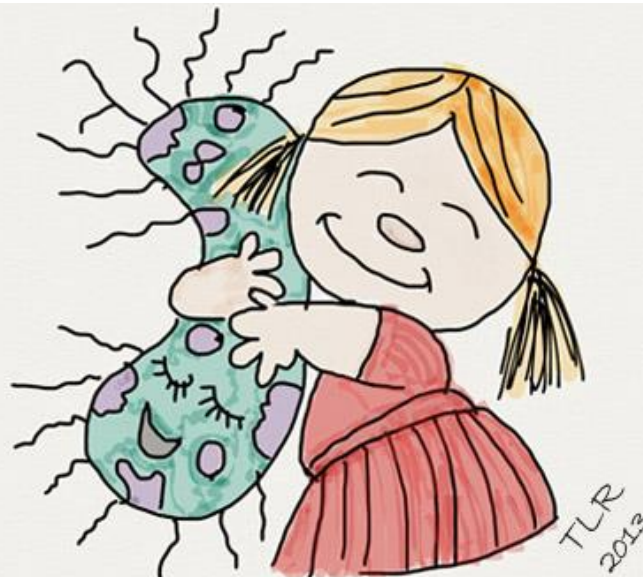
Help Your Microbiome With Digestive Wafers

For decades, Standard Process has created digestive wafers that truly help to balance your digestion and eliminate symptoms of microbiome dysbiosis. If you want to see how much your symptoms can change just with improving your digestion, then don't take probiotics, change your gut.

Lactic Acid Yeast are mycelium yeast which convert carbohydrates to lactic acid and improve protein and mineral assimilation. This is a living microorganism extraction in a wafer that is especially good for chronic bad breath, constipation, stomach acid problems, gas/bloating and especially after antibiotic use. It provides the perfect terrain for your microbiota to live.

GI Stability wafers manage the microbiome with a combination of collinsonia root and a unique prebiotic HMO (Human Milk Oligosaccharide) that resists digestion and moves directly to the lower GI tract where it becomes effective in feeding selective bacteria. Studies show that HMOs have a unique structure that is preferred by beneficial microbes who use them to grow and flourish. This is a perfect approach to constipation and chronic gastrointestinal distress.

I recommend chewing one of each wafer before each meal for tolerable digestive symptoms and two of each wafer before each meal for more intense digestive symptoms.



Need to contact us?

Christina at our Reception Desk for Appointments

(617) 505-3585

Cheryl at our Product Order Desk

(508) 826-3551

Visit our main website at www.consciousbodynatmed.com

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