

How to know if you are healing from Intestinal permeability

I know it seems like it will never get better, but It does.

Please note that the following was not just a case of removing gluten and over time things came right, there are a lot of **proactive things** you can do to help the healing process.

You will notice:

1. Less bloating after every single meal
2. Waking up without any bloating and gas
3. Regular bowel movements
4. Hair stops falling out
5. Your skin will look better
6. You will stop reacting to foods(except gluten!)
7. Your nails will get stronger
8. You will have more energy
9. Your moods will be better.
10. Joint pain, muscle pain and headaches will go away.

How to know if you are healing from Intestinal permeability

The healing process depends on...

- * what **YOU DO** and **DON'T DO** to help it along
- * the extent of your intestinal damage
- * your genetics and factors that influence them
- * diet and nutrition
- * exercise
- * supplements to aid healing

This is a BIG part of what I help my clients with. The part doctors and others do not tell you about. The part most struggle with alone...Where do you even start to heal your gut?

As a health coach for Celiac Disease I can help you by guiding you and working along with other health care providers, making sure you get the right holistic approach to your gut health Journey.

A course can only take you so far...and then you will need more personalized, one on one help.