

Gut Balance and Repair Program



Dr. Sonya recognizes the importance of gut health in overall wellness. The gut microbiome plays a crucial role in maintaining gut balance and overall body balance. The gut is home to trillions of microorganisms, collectively known as the gut microbiome. This microbiome plays a vital role in maintaining gut health and overall well-being. Imbalances in the gut microbiome can lead to dysbiosis, which can contribute to a variety of health conditions.

What is Gut dysfunction?

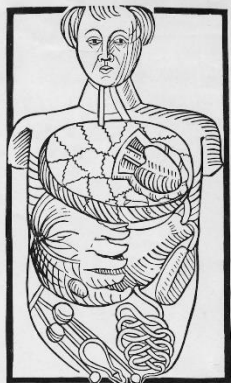
Gut dysfunction refers to any abnormality or disruption in the normal functioning of the gastrointestinal (GI) tract. This can include issues with digestion, absorption of nutrients, intestinal motility, and elimination of waste. Gut dysfunction can also refer to imbalances in the gut microbiome, such as dysbiosis or gut infections. Gut balance refers to the proper balance of beneficial and harmful bacteria in the gut microbiome. When this balance is disrupted, dysbiosis and gut dysfunction can occur. Gut dysfunction can be caused by a variety of factors, including poor diet, stress, antibiotics, and other medications.

What are the symptoms of Gut dysfunction?

Symptoms of gut dysfunction can include bloating, gas, constipation, diarrhea, and abdominal pain. Long-term gut dysfunction can contribute to more serious health conditions, such as malabsorption and inflammatory bowel disease (IBD).

How Dr. Sonya Can Help?

Dr. Sonya believes in treating the whole person, not just their symptoms. Her gut balance and repair protocol involve a 4 -step process. This combination gut health program utilizes dietary changes, nutritional supplements, and herbal remedies to repair damaged lining and rebalance gut flora. These treatments work together to support the gut's natural elimination pathways. Dr. Sonya may also recommend specific lifestyle changes, such as intermittent fasting and increasing physical activity, to further support gut health.



Finally, she offers a range of gut support protocols for those with gut conditions such as **leaky gut syndrome, malabsorption, and heartburn**. She also has protocols for GI dysfunction after bariatric surgery. These protocols typically involve addressing underlying imbalances, a combination of dietary changes, targeted nutritional supplements, and other supportive therapies designed to help manage symptoms and support gut function.

Contact us today to learn more about our gut health and repair programs to schedule a consultation.

What is Included in the Gut Balance & Repair Program

First Visit 60-90 Minutes

The first naturopathic consultation is about 60-90 minutes, this comprehensive evaluation focuses on determining the underlying causes of your health issues and your health goals.

- ✓ Dr. Sonya will go over your health history and ask you about your medical history, including any past illnesses or injuries, surgeries, and medications. She will also ask about your personal and family health history, lifestyle factors such as diet and exercise, and any stressors or emotional concerns.
- ✓ Dr Sonya will conduct a physical exam which may include checking your vital signs, evaluating your skin, hair, and nails, and assessing your overall health and well-being.
- ✓ Dr. Sonya will give you a gut assessment test. Gut dysfunction can present itself in many ways and have different signs and symptoms including skin problems. If needed she will recommend which diagnostic lab testing will best correlate to your symptoms to help identify any underlying health issues or to establish baseline makers to follow progression. She may also recommend a food allergy IgG test to identify potential food sensitives.
- ✓ She will give you a 7-day diet diary to record your dietary intake for nutritional assessment and analysis, looking for any nutritional deficiencies, and signs of an overburdened system or excessive exposure to toxins. These can impair the body's digestion pathways.



Second Visit 45-60 Minutes- No charge

During the Second Visit:

- ✓ Dr. Sonya will go over your gut assessment and lab tests and answer any questions you have.
- ✓ She will discuss the results of your diet diary and provide a nutritional analysis and assessment focusing on macronutrient and micronutrient deficiencies.
- ✓ Together you will discuss your goals and how to achieve them.
- ✓ Dr. Sonya will discuss the treatment plan tailored for you. The personalized treatment plan may include dietary changes, nutritional supplements, herbal remedies, and lifestyle modifications.
- ✓ Dr. Sonya will provide education and resources to help you better understand your health and how to achieve optimal wellness. This may include information on nutrition, exercise, stress management, and other lifestyle factors.
- ✓ Dr. Sonya will schedule a follow-up appointment to monitor your progress and adjust your treatment plan as necessary.