

THE 7 REAL REASONS



YOU ARE STILL BLOATED HOW TO FIX IT FAST

ANGELES GROVER

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Let's Be Honest, This Will Change Your Life

I am going to share with you what I've learned from my 20-year journey so you have a full understanding of what is going on...

You tried every diet, eliminated every gaseous food and drink, tried numerous medications and remedies out there, endured embarrassing invasive procedures and labs, attempted to try a cleanse or detox without success, and were placed in the Irritable bowel "syndrome" or Inflammatory bowel disease category with useless advice other than to take more fiber, drink more water, exercise more and eat fewer calories, carbohydrates, and sugar.

This could not be further from the truth and why you are still experiencing chronic bloating, uncomfortable gut issues, and other mystery symptoms is because you have not addressed the root causes or taken the right steps. The conventional medicine general approach with all the non-specific recommendations is not addressing the cause of your chronic bloating issues and you already know you are irritable, it is simply masking the issue for it to resurface. After reading this and moving towards the right path to correct the underlying problem you will understand the causes of your bloating and not have to constantly worry about where the bathroom is or if you fit into that little black dress. This is only possible if you are willing to look deeper and implement the steps needed to change your life.

Why listen to me?

Hello there, I'm Angeles founder of Angeles Grover Wellness and a board-certified Integrative Health Practitioner passionate about helping women overcome chronic bloating and gut issues without conventional medicine. My practice focuses on a root cause approach in which we examine test results in a convenient at-home method to curate a personalized functional nutrition plan and a FUN and science-based method to finally heal your gut!

I've been through my own journey, suffering from chronic bloating pain and inflammation for years. Bouncing from MD to MD, diet to diet, diagnosis to diagnosis, crazy procedures and blood draws, with little results. I took a different direction and started my healing journey at the Institute of Integrative Nutrition in 2015 and proceeded to certification with the Integrative Health Practitioner Institute to offer functional medicine testing. In addition, I was in the pharmaceutical industry for 15 years while simultaneously learning (and unlearning) everything I thought I knew about digestion.

What you will love about this journey and what you will discover quickly is that we can identify through lab results what your body is telling you and why and address it right at the root cause. I have spent hundreds of hours researching, going to top Doctors and listening to the same problems from other women just like you and this is the only approach that puts you in the driver's seat to own your health and long-term results.

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We live in a culture full of stress, a one size fits all diet approach, and products promising you the sun, moon and stars with conflicting facts and mixed results. My intention in this guide is to prove that there is a way to truly heal your gut and if you follow the path then you can make a complete shift for a better, more healthy you.

I have designed a **FUN method** to clean up your gut. The Gut Healing Program is designed to...

- F**undamentally look at all the holistic aspects affecting your gut internally and externally.
- U**nderstand your unique biomarkers through functional medicine via at-home testing.
- N**urture what needs to be modified based on your distinctive results.

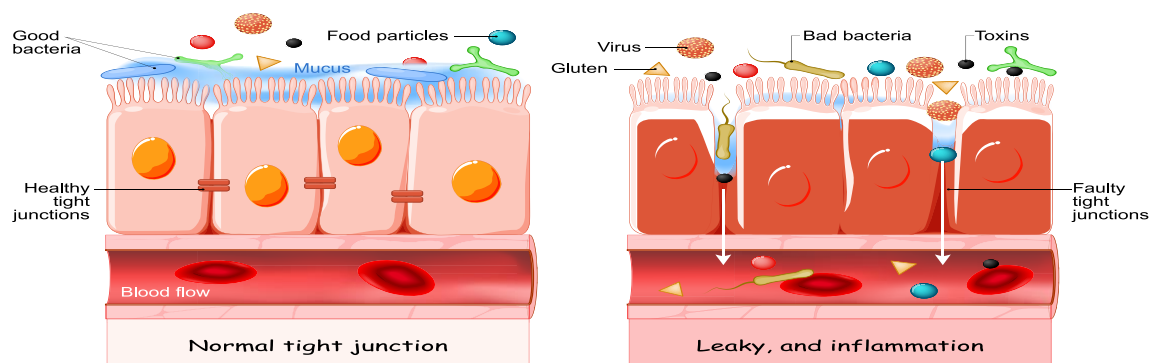
This eliminates all the guessing and trying different diets, pills, and the hassle of invasive procedures, needles, and a wait-and-see approach.

The Gut Healing Program is a personalized 12-week private and guided plan that includes everything you need to start your healing journey and get your health on track. I have helped hundreds of women establish a “health awareness” so that they understand not only what they feel, but why so they can take action. Integrative holistic health along with functional medicine testing has uncovered the truth about what exactly is going on in your gut and it is my mission to inform you of your specific conditions so you do not have to struggle any longer and finally find the answers to your gut problems. Hippocrates, the father of medicine believed thousands of years ago, all disease begins in the gut.

Let's get straight to the point.... Here are the 7 truths holding you back:

REASON NO 1

Leaky gut syndrome



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YOU HAVE A LEAKY GUT AND NO ONE BOTHERED TO TELL YOU

The truth is the most common reason affecting you and causing chronic bloating and embarrassing gut issues is a leaky gut, also known as intestinal permeability. This is when a stressor (anything from a pathogen to a chemical or emotion) over time loosens the tight small intestinal wall lining of “the gut” and leaks the nutrients needed into your bloodstream. The medical community has slowly been digesting that the gut is the second brain (just could not help the pun). The brain-gut axis is a whole communicating system of the brain, gut microbiota, and Vagus nerve, and are all interconnected.

Our digestive process does so much to extract all the nutrients and cholesterol we need but when tight junctions in our intestinal wall become filled with holes, nutrients are leaked into our bloodstream triggering our immune system and inflammatory response. Bloating, constipation, stomach pain, diarrhea, mood swings, gas, acid reflux, digestive distress, immune dysfunction, and inflammation are symptoms, not root causes. Meaning what is needed is to discover **where** it is stemming from and **why**.

To figure out what truly is going on in your microbiome I recommend a comprehensive digestion test to assess your specific metabolites from yeast and bacteria to mood, energy, oxidative stress, oxalates, and vitamin and mineral levels. The truth is, there is no other test like this. I spent way too many years, energy, and resources to not have found this test earlier in life. Sound complex? It's not and I will guide you all the way.

REASON NO 2



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YOU ARE UNAWARE OF THE ACCUMULATION OF YOUR TOXINS

The truth is, there are so many toxins internally and externally that no one even thinks to check. These toxins can range from a hidden virus to mold, to beauty products to emotions. There are over 77,000 man-made chemicals in the US environment. This includes pharmaceuticals, cleaning agents, household items, personal care products, and pollutants. Current studies are finding that more than 95% of all disease and cancer is diet and environmental-related. After testing what is present in your digestion, a simple metals test can look at your toxic levels and pathogens.

I had a client who was experiencing bloating, heavy periods, dizziness, constant cramping and pain on the right side. She noticed she was getting sick more often and felt stressed and irritable. After she opened up that she had a copper IUD implanted after she had her 3rd unexpected child as she did not want to have any more babies. This was a toxin she had not considered. The challenge is there are so many things that affect our body, however, when I presented to her the side effects of a copper IUD found right in the package insert, they were the same symptoms she was experiencing, yet these side effects were never discussed. This has happened to several clients and they were unaware.

The truth is when you focus on only one part of the body you are limiting your view and missing the other factors to consider. I highly recommend looking into a toxicity assessment quiz as well as a full inventory of all personal and household products. In addition, a minerals and metals test can pinpoint what exactly has been occurring in the last three months at a cellular level. Minerals are the micronutrients for digestion, metabolism, hormones and the immune system. Yet again this test has been around for 40 years and you rarely find this offering in any regular Doctors office.

REASON NO 3



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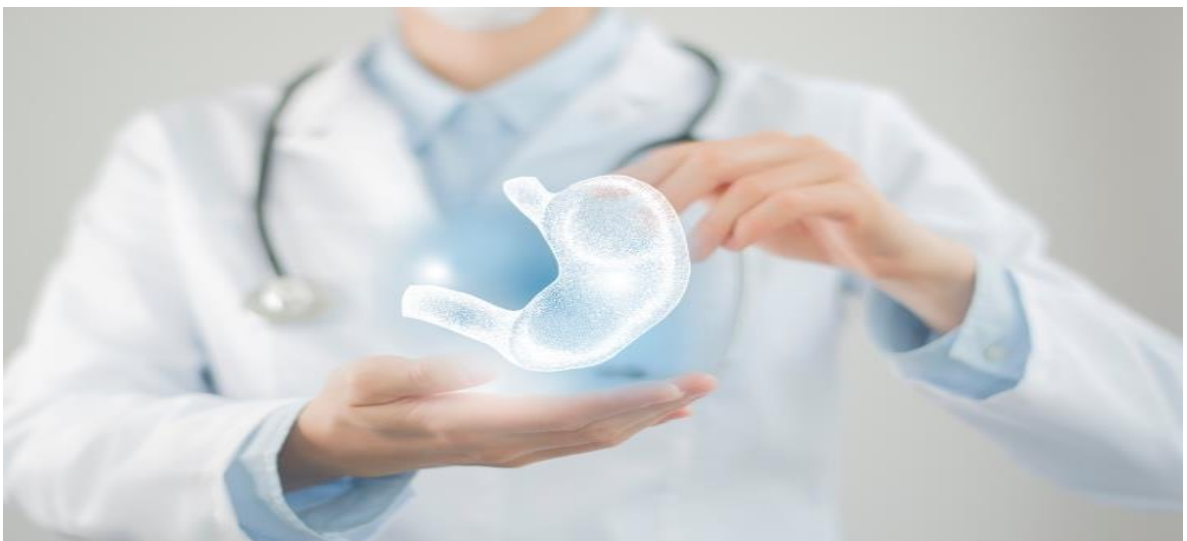
YOUR OVERBURDENED LIVER IS ALSO PART OF YOUR GUT

Here's more truth. With a leaky gut, small intestinal damage and depletion of nutrients (toxins, digested or undigested food) flowing into your bloodstream, the liver becomes overwhelmed and meanwhile is responsible for filtering your blood every 6 seconds. Over time this can congest your liver and cause imbalances with not just your bloated gut but with your hormones, your thyroid, energy, brain, and mood as well. Low thyroid also slows your gall bladder's function of producing bile. Along with evaluating your gut and toxins, a nutritional liver detoxifying cleanse could help ease the burden.

I've guided many of my Clients on a true functional medicine detox and have seen tremendous results. One such Client had her husband join her on a challenge before they went on a 10th-anniversary trip. She and her husband were so happy with the results. She especially felt lighter, her stomach flatter, her "brain fog" lifted, her energy revived and was surprised she even lost some weight. Wow! All are driven by the motivation stemming from an understanding of the toxins impacting the body and health.

The truth is, we all have toxins. When you open up your mind to the reality of toxins and the impact it has on your body to continually process, you become self-aware and motivated to give your liver the space it needs to function. We are all different and toxicity will look different for everyone and I can also help you on your journey.

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YOUR LOW STOMACH ACID IS HURTING YOUR GUT

Low stomach acid occurs when the liver is congested. It releases less stomach acid (HCL) which results in some food not being properly digested. With little stomach acid, it is difficult to digest macronutrients (carbohydrates, fats, protein) or absorb minerals and nutrients. This also contributes to abdominal pain, gas, bloating, constipation, bile production (gall bladder) and over time small intestinal bacterial overgrowth (SIBO). You need acid to digest food and when your stomach acid is low it is not properly functioning.

Drug-reducing antacids and other acid reducers also known as proton pump inhibitors (PPIs) are indicated for short-term use for heartburn for up to two weeks and are being systemically overused, aside from other medical conditions besides acid reflux (GERD). While looking at the root cause is important to discover before subscribing to any regimen or remedy, stopping an acid reducer too quickly can result in an acid rebound (more acid than before). Best to ask your healthcare professional before any sudden changes and work with functional medicine, naturopathic doctor, or integrative health practitioner to begin regaining balance.

So many of my clients suffer from heartburn and indigestion. This is a very common and misunderstood concept. What I find among clients is that there are triggers associated with inflammation and intolerances from the products we consume and they are there to be found before turning to medication that in the long run can imbalance your gut function, stomach pH, microbiome, and overall health.

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THE MASS-PRODUCED UNKNOWN FARMING AND FOOD MANUFACTURING METHODS

The truth is your body has enough to fight off viruses and bacteria while pumping and filtering toxins in your blood. Your digestion however is not made to have chemically processed man-made food (e.g. bleached wheat, flour, sugar, corn syrup) created in a lab. Nor can it handle the strange genetically modified organisms given to livestock that have been injected with antibiotics and live in a warehouse. This may seem dramatic but an alarming number of studies now show that genetic predispositions (autoimmune conditions) account for only 25% of diseases. What about the other 75%? Emerging data has tied diet and lifestyle to many of these conditions.

Do your best to select organic, pasture-raised, grass-fed protein, wild-caught fish, and organic produce. Studies have shown that organically grown fruits and vegetables contain more vitamins, minerals, enzymes, and other micro-nutrients than produce grown on conventional farms. Also, let us not forget they are packed with fabulous fiber.

By eliminating the poor-quality foods produced by conventional farming methods (chemically made sugars, sweeteners and processed, packaged foods with strange preservatives), you are doing yourself, your health and digestion a favor.

REASON NO 6



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THE UNDERLYING STRESS YOU NEED TO FACE

The brain-gut connection is more aware in the nervous system connected through the Vagus nerves than you may think. Chronic stress is very toxic. Your brain does not know the difference between chronic stress, past trauma or physical exhaustion (i.e., resentment, surgery, excessive workouts). We live in a society with busy lifestyles (pressure jobs, families, responsibilities, on-the-go, etc..) and if we don't pay attention to our health along that ride it's a recipe for disaster for both the gut and brain.

When under chronic stress, your body is in fight or flight (sympathetic) and produces cortisol, the "stress" hormone. You then are not absorbing nutrients as you would in a rest and digest state (parasympathetic). The adrenal response creates a "stress belly". In addition, a stressful job or home environment will dysregulate your nervous system and over time the Vagus nerves will become dysfunctional and impact your gut health, digestion, vitality, and mood.

One of my clients, a brilliant lawyer and converted and conscious health nut with 3 active daughters, worked on her gut issues but still felt stressed and could not figure out why she was still experiencing bloating. She was happy at home and excelled in her job but felt there were not enough hours in the day to enjoy her kids. It just so happened her boss had called her to complete a document for him as he was going to be traveling last minute. She felt guilty and at the same time wanted to be off the week after Christmas but constantly felt obligated and obliged to complete it. I asked her what would happen if she did not complete it. She replied, well he would have to complete it and had never said no. This was a clear boundary issue as she has the right to her vacation time. Come to find out the next time he asked her she told him she wasn't available. She admitted she shocked herself and at the same time relieved she reestablished the boundary and even managed to negotiate fewer hours at a higher rate. Wow! A renewed mindset has enabled the confidence to prioritize her work/life balance.

The truth is emotions such as guilt of not meeting someone else's expectations and guilt for not fulfilling your own family's needs are unnecessary stress we place on ourselves as working mothers. Emotions are toxic and eat away at us. Draw the line.

REASON NO 7



NOT KNOWING YOUR FOOD INTOLERANCES

With all the processed chemical invaders in our food supply leading to toxin overload and triggering an inflammatory response, it is no wonder that we have developed sensitivities. Even if you do not specifically have celiac disease, gluten is a protein that has been studied and eating non-organic wheat even if you do not have a noticeable reaction increases intestinal permeability. Gluten is the top food intolerance I see. In some medical circles these “gliadins proteins” are theorized to mimic hormones. These are controversial arguments and there are tons of books written about gluten and pesticides contributing to autoimmune, cancer, and neurodegenerative disorders.

The truth is you can continue to eliminate every food out there and guess, you are left with little to eat. Diversity is however the way we adapt our immune system and elimination diets should be temporary unless you have a true anaphylactic allergic reaction. Figure out your underlying root causes and stick to fresh organic whole foods, plants, and proteins. Alternatively, several gluten-free grains and flours are readily available now and can easily be substituted for traditional grains and flours. I recommend looking to find your true food intolerances and taking a food sensitivity test to know exactly what it is affecting you and not guess or waste time and energy not eating and enjoying food.

I had a client with stomach issues from what she felt were dairy symptoms from milk and cheese. After several of the popular anti-inflammatory “diets” she still could not figure out why she was feeling tired, bloated, and sick. She found that there was wheat in some food she was eating but said it did not bother her nor did it upset her stomach. She also had an allergy test

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done at the allergist's office on her back and did not show up for wheat (gluten) in a skin prick test. She complained to the allergist that she had tiny red bumps on the back of her arms and that she tried numerous creams from her dermatologist and could not find a reason for the rash. After a couple of months and being skeptical she decided to try the food sensitivity test to challenge and check what else it could be. As it turned out she was reactive to wheat, wheat gluten, casein, whey, dairy from cows' milk, and almonds. Some of the protein powder she thought was dairy-free was full of whey and casein and with the almond milk she was substituting, she had gut sensitivity issues. By eliminating these specific foods and wheat after a couple of weeks she was amazed her arm bumps and bloated stomach went away.

Now here is the final truth. You are now aware and educated on how your digestion over time has become imbalanced and you are tired of looking 3 months pregnant but you had a baby several months or years ago. Or maybe you have been to several Doctors, suffered in the bathroom, or been chronically irritable outside of your typical cycle. You have tried it all, the fad diets, the fancy workouts, the calorie counting and have progressed to inflammation, unknown pain, and unresolved issues and no solutions.

THE TRUTH IS MOST ARE FOLLOWING THE WRONG PATH AND DON'T EVEN KNOW IT. IF YOU HAVE BEEN STRUGGLING FOR A LONG TIME AND ARE DONE FEELING BLOATED AND READY TO GET BACK TO HEALTH...YOU ARE THE ONLY THING HOLDING YOURSELF BACK FROM TAKING THE NEXT STEPS.

Your Gut Feeling

Implement the most you can get out of this guide and begin your healing journey. For taking the time to download this guide, I invite you on a personal one-to-one session that will help you further along your path to gut health.

On this complimentary discovery call, I will provide clarity on what is holding you back from making progress toward your health and wellness goals to start optimizing your gut health and specific lab recommendations for your needs. The going rate for a nutritional consultation and resources is hundreds of dollars, however, for having downloaded this guide, we are giving a limited amount at NO CHARGE. This will not last long as these free calls book fast and space is limited so book today or you may miss out. (Value \$500)

If you knew what is stopping you from finally feeling healthy (and the best version of you) and had a different method and approach to finding the root cause of your gut dilemma then you would not be reading this. If you have gotten this far I am grateful this has resonated with you as this was a long path to my healing journey. I'm here to tell you it's not just you, it's hundreds of women who have a gut feeling to look elsewhere at the root cause than just the conventional pill for every ill or new diet.

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The truth is there are many causes of digestive issues and bloating beyond what is listed here which is why finding your bio-individual root cause and understanding your specific condition is unique to you. The truth is no amount of water, specific food, medication, special diet, vitamin shot, specialist, or exercise is going to look at the functional cause or problem.

Take the action needed before it's too late. Do it now so you can figure out exactly what is going on in your gut with guidance to empower you to take control of your health, backed by evidence-based testing and without toxic medications and restrictive dieting. You can put an end to all these bloating and gut concerns and balance your gut and feel like yourself again!

[Book your FREE Consultation here \(Value \\$500\)](#)



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