Bloating After Every Meal? Here's Why Transcript

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Introduction to Bloating and Root Causes

What if I told you the most common advice about bloating is actually making your symptoms worse? Hi, I'm Dr. Emily Wolbers, naturopathic doctor specializing in digestive health.

Over the past decade, have guided thousands of patients to help overcome their chronic digestive issues that other practitioners couldn't solve. If you are among the millions of women silently struggling with unpredictable bloated that disrupts your busy life, what I am about to share could transform your relationship with your body and your mind.

Well, in this video, I'll show you the overlooked connection between bloating and deeper digestive issues and how my clinically proven gut restoration program helps high achieving women like you reclaim lasting digestive comfort without sacrificing the foods that you love or adding more restrictions.

So let me know if this sounds familiar to you. Do you struggle with frustration of never knowing when your stomach will betray you despite your careful planning?

Or if you struggled with the overwhelm of having tried multiple diets, maybe every diet under the sun, only to find that they work temporarily or not at all.

If you're tired of being physically present but mentally distracted because you are managing digestive discomfort and you want to get to the root cause once and for all, keep watching.

Why Common Bloating Fixes Fall Short

This unpredictable bloating, if you've been struggling with it, you have likely tried some of the common approaches, such as eliminating certain food groups or taking over-the-counter gas relief medications.

While these methods may provide some temporary relief, they often fail to address the root cause of your symptoms. In fact, there's a study published in the American Gastro Journal that found 75% of patients continue to experience chronic bloating despite these interventions.

That's because these approaches focus on masking symptoms rather than addressing the underlying imbalances in your body. The real reason you're struggling with chronic loading is not what you might think.

the root cause of your symptoms is highly individualized and often involves an imbalance in the microbiome, hormones, or the vagus nerve, sometimes all three.

And when these digestive foundations become imbalanced, it leads to a cascade of disrupted signaling in the body, resulting in unpredictable bloating, food sensitivities that seem to change daily, and uncomfortable fullness that can last for hours after eating.

That's why addressing your unique digestive dysfunction at its source is so crucial for achieving lasting relief. So by targeting the root cause, we can help your body heal naturally and break free from the cycle of constant digestive discomfort that's been interrupting your life.

Introducing the Gut Restoration Program

If hormones, stress, and digestive imbalance are the real culprits behind your bloating, then what's the solution? So introducing the Gut Restoration Program.

This is a comprehensive natural approach designed to target the root cause of your symptoms and to restore balance in the body. So unlike conventional treatments that merely mask the symptoms, this Gut restoration program focuses on identifying and addressing those underlying imbalances that are causing your digestive distress.

By treating the Root Cause, This protocol helps your body heal naturally, allowing you to experience lasting relief and optimal health. that stays. So in just a moment, I'll dive deeper into how that gut restoration program works and why it's so effective at resolving bloating especially.

But first, i want you to know that this isn't some untested theory or passing fad. This gut Restoration program has been proven to work for countless of people just like you.

People have struggled with bloated for years without finding a lasting solution. And as a naturopathic doctor, I always want to figure out the root cause.

And I've dedicated my career to helping patients overcome their digestive distress. But my journey began with my own personal struggle. So like many of you, have suffered immense bloating to the point where sometimes I looked like I was six months pregnant and I tried all the healthy eating trends.

Personal Story and Healing Journey

I felt so frustrated that I wasn't feeling any better. In fact, sometimes despite my efforts, was feeling worse and knew I should feel better than this.

When I started naturopathic medical school, I focused specifically on digestive health and discovered that there's powerful principles behind food as medicine and the gut brain connection.

Well, as I began implementing these principles in my own life, i experienced remarkable transformation. Like my bloating disappeared, but I also had more energy.

I wasn't getting sick all the time. i felt more mental clarity. It felt like a whole new person. And so I I was excited about this. I'm excited to share.

So I set out to help others achieve the same life-changing results. Over the past 10 years, I've had the privilege of helping thousands of patients on their own journey to health and vitality.

Through this approach, we combine the microbiome rebalancing, vagus nerve training, and digestive capacity support. And with that unique approach we've seen countless lives transformed.

My mission is to empower as many people as possible with the knowledge and the tools that they need to overcome this digestive distress and experience vibrant health that you deserve.

So I'm passionate about sharing this and people's experience in supporting patients every step of the way on their path for lasting relief and optimal well-being.

Let's talk about this gut restoration program. It consists of three pillars and I want you to have some takeaways from this like things that might be able to try for your own life.

So the three pillars, there's the gut health reset.

The Three Pillars of Gut Restoration

So this step focuses on microbiome rebalancing, which this helps your body to get rid of any toxins or any overgrowth. And this is key to see your unique mapping of what the guy is telling us and where it needs to be supported.

When it comes down to big broad strokes, bloating often comes from either a deficiency in digestive capacity or a toxicity or over growth. So in the nutrition pillar, it's important to address your unique nutritional needs, allowing you to use food as medicine rather than having a small list of safe foods.

I help too many people that come in that they only have maybe five foods that their comfortable eating. These are the foods I know I do fine with and that's not living, but everybody is so unique.

So we find out where the toxicity is, where are their deficiencies? Where does the body need rebalancing so that we can allow you to eat more foods rather than restrict more food.

There's no cookie cutter diet for everyone. The third pillar is the gut brain connection. So finally we start to implement some stress reduction and hormone balancing.

And this is helpful to reset the nervous system because the nerve system has memory of this digestive distress and the nerves system is smart, sometimes can be stubborn.

By helping to rewrite the system and it gives that feeling of ensuring that this stays. We're getting to rewrite the messaging so that the gut and brain can talk to each other through the vagus nerve and microbiome in a healthy, supportive way.

This helps you feel your best inside and out and it helps the results last longer. So with these three pillars of the Gut Restoration Program, we've got gut health reset, nutrition, and gut-brain connection.

And you can take this information and just go about your life or you can take the next steps towards digestive discomfort without compromise. To see if this gut restoration program is right for you, I invite you to schedule a complete wellness evaluation with me.

Book a Wellness Evaluation

This is a 60-minute call, just one-on-one on Zoom. We'll discuss your unique challenges, answer any questions you may have, and create a personalized plan that helps you achieve digestive discomfort that lasts.

So these programs are completely unique. We'll see your risk factors, assess your situation, see if we can allow for this healing to happen and allow it to be there for long term.

This complete wellness evaluation, to claim your spa, all you have to do is click the button below and choose a time that works best. These calls are normally 375, But by booking now, by watching this video, you'll receive $200 off that session.

So remember, bloating isn't something you have to accept as part of your life. The longer you wait to address the root cause of symptoms, the more difficult it can be to achieve those lasting results.

But, taking the action now and scheduling a complete wellness evaluation, are taking a powerful step towards reclaiming your health and vitality. Imagine waking up each day feeling energized, clear-headed, and free from worries about your digestion.

Wear whatever clothes feel good in your body, not having to just wear loose fitting clothes because that's what feels comfortable. That's the transformation that is possible with the gut restoration program.

So don't let this opportunity pass you by. Click the button below, schedule your consultation now, and take action towards your optimal living.