FREE WELLNESS GUIDE

5 SIGNS

HIDDEN FOOD SENSITIVITIES

COULD BE MAKING YOU SICK

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HEAL WITH REAL FOOD

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01

SYMPTOM

BLOATING & DIGESTIVE ISSUES

SYMPTOM 1: BLOATING & DIGESTIVE ISSUES

You eat a healthy meal — and an hour later you're bloated or gassy. Sound familiar?

Food sensitivity reactions can be delayed up to 72 hours, making it nearly impossible to identify triggers on your own.

Common culprits include gluten, dairy, and eggs — foods most people consider healthy.

02

SYMPTOM

FATIGUE & BRAIN FOG

SYMPTOM 2: FATIGUE & BRAIN FOG

Tired all the time even after a full night's sleep? Struggling to focus or feeling mentally foggy after meals?

Chronic fatigue and brain fog are two of the most overlooked signs of food sensitivities.

When your immune system is constantly reacting to foods, it creates low-grade inflammation that drains your energy and clouds your thinking.

Many people live with this for years assuming it's stress, age, or just how they feel — not realizing food could be the cause.

03

SYMPTOM

HEADACHES AND MIGRAINE

SYMPTOM 3: HEADACHES & MIGRAINES

If you suffer from frequent headaches or migraines, food could be triggering them — and you may never suspect it.

Common food sensitivity triggers include gluten, dairy, artificial additives, and certain fruits like citrus.

Because reactions are delayed, most people never make the connection between what they ate and the headache that followed hours later.

Tracking and eliminating trigger foods has helped many people dramatically reduce headache frequency without medication.

04

SYMPTOM

SKIN ISSUES & INFLAMMATION

SYMPTOM 4: SKIN ISSUES & INFLAMMATION

Eczema, rashes, acne, or puffy skin that won't clear up no matter what products you use?

Your skin may actually be reacting to something you're eating.

Food sensitivities trigger an inflammatory response that often shows up on the skin. Common culprits include dairy, gluten, eggs, and soy.

Many people spend years treating skin symptoms topically when the real solution starts on their plate.

05

SYMPTOM

JOINT PAIN & BODY ACHES

SYMPTOM 5: JOINT PAIN & BODY ACHES

Waking up stiff, achy, or dealing with joint pain that your doctor can't fully explain? Food sensitivities may be fueling the fire.

When your immune system repeatedly reacts to foods, it creates systemic inflammation that settles in your joints and muscles. Many people assume this is just aging — but it could be what you're eating.

Removing your personal trigger foods has helped many people experience significant relief from chronic pain and stiffness.

YOU DON'T HAVE TO KEEP GUESSING

If you recognized yourself in any of these symptoms, you're not alone — and there is a solution.

The MRT/LEAP program is the most comprehensive food sensitivity testing available, screening 176 foods and food chemicals to identify your unique triggers.

I help clients use their results to build a personalized eating plan that reduces inflammation and finally brings relief.

Ready to get answers?
Book your strategy call today.
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