

WEIGHLESS MD AND WELLNESS

GUT BACTERIA & WEIGHT LOSS

We have been helping individuals lose weight and feel great by getting to the root concerns (like gut health) that hold people back from their best selves.

We want to welcome you in learning more about the importance of gut bacteria, symptoms, and what you may need to improve it, plus 5 ways to make changes for the better today!

As a former professional soccer player and lifelong athlete, Cheri understands how important exercise and nutrition are to performing optimally and feeling your best. But often times, you must look beyond exercise and nutrition and dig deeper into other aspects of health. Sometimes healthy eating and exercising more can't resolve certain health conditions and imbalances in the body.



**CHERI STOKA, RDN
DIETITIAN & OWNER**

IMPORTANCE OF GUT BACTERIA

You are what you absorb

The integrity of our gut health directly influences our immune strength, potential for diseases, mental health and also weight. We have more gut bacteria than human cells in our body, and these bacteria have a very significant impact on our health.

These bacteria help digest food, produce vitamins, regulate hormones, excrete toxins, and produce healing compounds. They are changing all the time based on our lifestyle and the nutrition we feed it and are easily destroyed by common factors– high stress, poor sleep, and the use of antibiotics.

Having a healthy gut should mean more to you than being inconvenienced by a little bloating or heartburn. It becomes central to your entire health and connected to everything that happens in your body. That's why I almost always start by treating my patient's chronic weight problems by repairing and rebalancing their gut ecosystem.

Visit www.weighlessmd.com for more information.
For inquiries or to set an appointment call (262)226-2046
or email admin@weighlessmd.com

SIGNS YOU MAY NEED TO IMPROVE YOUR GUT BACTERIA

It's time to listen to your gut

- **Food Sensitivities** that might include wheat/gluten, dairy, corn, and soy
- **Mood issue** which include brain fog, anxiety, irritability, and depression)
- **Fatigue** can include wired and tired, difficulty sleeping, and afternoon slump in energy
- **Digestion problems** like bloating, diarrhea, gas, and abdominal pain
- **Autoimmune diseases** like rheumatoid arthritis, hashimotos, fibromyalgia, celiac, type 1 diabetes
- **Skin conditions** such as eczema, psoriasis, dermatitis, and acne
- **Difficulty losing weight** due to malabsorption, chronic inflammation, cravings and hunger, dysbiosis

FIVE CHANGES YOU CAN MAKE TODAY

Quick fixes to make your gut bacteria happy



Remove processed, inflammatory foods from the diet and transition to a whole foods, clean eating diet that is right for your lifestyle and health goals



Add fiber through vegetables and whole grains – aim for 6-10 servings of produce and all grains should be whole – quinoa, brown rice, steel cut oats



Lifestyle habits – sleep, exercise and stress – make this a daily priority to check in with yourself, do some deep breathing and ensure a healthy sleep environment



Oral health – visit the dentist regularly, maintain good hygiene and reduce your frequency of eating and sugars



Supplement with probiotics, prebiotics and possibly others to support digestion – work with your provider or ask us to get on the right regimen.

MAKE THESE CHANGES LAST!

Now the challenge is sticking to it

By following these five diet and lifestyle tips, you will be well on your way to better health and greater ease with weight loss.

At Weighless MD, we are passionate about helping people achieve vibrant, lasting health by treating the whole person.

If you have specific questions about the tips or want customized guidance and support, reach out to us!

In Good Health,
Cheri & Wellness Team



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