

*Clinically, we are seeing more individuals (young and old) with compromised digestion. It is important to address this problem first, in order to get the full benefit from our hTMA nutritional service. Because you are NOT what you eat, you are what you digest. No matter how 'good' your diet is, organic, balanced, local — what is most important is how much nutrition is absorbed and utilized (metabolized).*

*The symptoms and illnesses listed below are indicators of an under-functioning or malfunctioning digestive system and metabolism. The more items you check, the more important it is for you to improve your ability to digest and absorb the nutrients from your food. Over time, undernourishment (malnutrition) will lead to further deterioration of your health. Functional digestion is essential for optimum health.*

Please check any of the **symptoms** below that you experience frequently (more than once per month):

- Abdominal bloating
- Loose stools or diarrhea
- Constipation
- Difficulty with compacted or hard to pass stools
- Burping or belching after meals
- Intestinal gas
- Flatulence with a repulsive fetid odor
- Cravings for certain foods if you don't eat them daily
- Poor appetite
- Feel worse after eating
- Excessive appetite
- Regularly crave sweets
- Abdominal pain, cramps, or discomfort
- Indigestion, heartburn (reflux), or upset stomach
- Headache after eating
- Fatigue
- Easy weight gain
- Cold hands and feet
- Unhealthy hair, nails or skin

Please check any of the **illnesses** below that you have experienced:

- Frequent colds or stomach flu
- Abdominal adhesions
- Anorexia nervosa
- Appendicitis
- Bacterial overgrowth
- Bulimia
- Canker sores / cold sores
- Cancer of the digestive tract (colon, esophageal, small intestine)
- Candidiasis
- Candida esophagitis
- Chronic constipation
- Chronic bad breath
- Chron's disease or ulcerative colitis
- Diabetes
- Chronic diarrhea
- Diverticulitis
- Incontinence
- Gallstones
- Gallbladder inflammation
- Gastritis
- Hemorrhoids
- Herpes simplex of the esophagus
- Flatulence (intestinal gas)
- Irritable bowel syndrome (IBS)
- Lactose intolerance
- Pancreatitis
- Parasites
- Peptic ulcers
- Rectal itching and burning
- Reflux esophagitis (GERD)
- Viral and bacterial infections

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