



Heal Your Digestive Woes The Clear Path Forward

You deserve to feel good — let's start with your gut.



By Carly Pollack

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WELCOME, WISDOM SEEKER!

Hi, I'm Carly Pollack — nutritionist, mindset coach, and tough-love wellness guide.

If you've landed here, chances are you're done with fad diets, quick cleanses, and being told to "just eat less and exercise more." You want answers. You want relief. And you want to feel at home in your body again.



I know the struggle firsthand. Since childhood, I lived with bloating, constipation, food sensitivities... and gas so potent even my cats looked offended. Doctors shrugged. I felt broken.

The truth? I wasn't broken. My body was communicating. I just didn't know how to listen.

This guide is your shortcut through the 15 years it took me to connect the dots. Inside, you'll learn how to uncover root causes, calm your gut, and begin creating a body you feel good in, for good.

IS YOUR GUT TALKING?

Bloating isn't the only signal that something's off. Digestive issues often show up in sneaky, frustrating ways, like:

- ✔ Persistent bloating (hello, food baby)
- ✔ Stomach aches or cramps
- ✔ Constipation or diarrhea (sometimes both)
- ✔ Acid reflux or heartburn
- ✔ Fatigue that no nap fixes
- ✔ Brain fog (poor focus, low energy, irritable mood)
- ✔ Skin issues (acne, eczema, rashes, psoriasis)



Not exactly your dream first-date material, right?

But here's the good news: these symptoms aren't random or hopeless. They're simply your body's way of saying:

“Pay attention. Something needs to shift.”

WHY YOUR GUT IS ACTING UP

Digestive woes are not one-size-fits-all, and slapping the label IBS on them doesn't explain much. The real answers lie in the root causes.

Here are the most common culprits I see in my practice:



Food Sensitivities & Intolerances

Certain foods, even “healthy” ones, can cause bloating, pain, and fatigue if your body flags them as troublemakers.



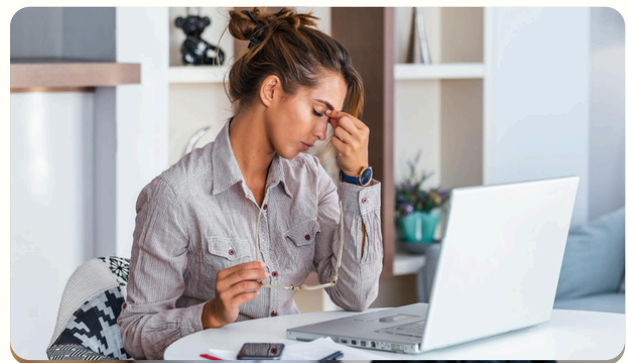
Low Stomach Acid & Enzyme Deficiency

Without enough stomach acid or enzymes, your food ferments instead of digests, creating discomfort (and sometimes some serious gas).



Imbalanced Gut Bacteria

Your microbiome should be a balanced ecosystem. When harmful bacteria, yeast, or parasites take over, the whole system goes haywire.



Stress & Nervous System Overdrive

The gut and brain are directly connected. Chronic stress keeps digestion in “survival mode,” making it harder for your body to absorb nutrients or keep things moving smoothly.

WHAT YOU CAN TRY TODAY

1. The Elimination Reset

Remove common irritants for 3–4 weeks, then reintroduce one at a time.

🌿 **Remove:**

Dairy, gluten, sugar, alcohol, caffeine, corn, soy, peanuts, processed foods.

🌿 **Eat freely:**

Veggies (cooked is easier on digestion), fruits, grass-fed meats, wild-caught fish, soaked nuts/seeds, gluten-free grains.



Why it works:

This reduces inflammation and often reveals your personal trigger foods quickly.

2. Add Digestive Support

🌀 **Probiotics:**

If you're not eating fermented foods, you need a high-quality probiotic to maintain a healthy gut colony. This is one of my favorites.

🌀 **Digestive Enzymes:**

Taking enzymes with meals can ease bloating and discomfort by helping your body break food down properly.

🌀 **Hydrochloric Acid (HCl):**

If you suspect low stomach acid, supplementing with HCl can make a huge difference.



Why it works:

These tools improve digestion at the root instead of masking symptoms.

3. Mindful Eating

Slow down, chew thoroughly, and eat in a calm environment. Digestion begins in the brain. When you're rushed, distracted, or stressed, your body can't fully process what you're eating.

Why it works:

Stress + speed eating = bloating. Calm + chewing = absorption.

Need more tools for this? This is exactly what we work on together in the Wellness Starter Program.

4. Hydration & Minerals

Drink at least half your bodyweight in ounces of water per day. Add mineral-rich sea salt (Celtic brand) or magnesium citrate if constipation is an issue. Start with 400mg of magnesium and increase dosage as needed. You are looking for 2-3 well-formed bowel movements per day.

Why it works:

Water and minerals are the unsung heroes of regular, healthy digestion.



“

“Calm + chewing = absorption. Stress + speed = bloating.”

WHEN TO GET SUPPORT

If you've tried the basics and your gut still feels like a daily mystery, it may be time to dig deeper with functional testing. These can uncover:



- ✔ Hidden food intolerances
- ✔ Bacterial overgrowth (SIBO)
- ✔ Candida or parasites
- ✔ Leaky gut
- ✔ Low stomach acid or enzyme deficiency

You don't have to figure this out alone. At Nutritional Wisdom, I utilize functional lab testing (GI-MAP stool testing from Diagnostic Solutions), combined with personalized nutrition and mindset coaching, to identify the root cause of the issue and facilitate lasting change.

HEAL YOUR DIGESTIVE WOES: IN A NUTSHELL

01

Eat slowly, chew thoroughly, and minimize distractions.

02

Try an elimination reset to uncover trigger foods.

03

Take a probiotic and consider digestive enzymes.

04

Stay hydrated: water + minerals matter.

05

Manage stress; your gut listens to your nervous system.

06

If relief doesn't come, test (don't guess).

YOUR NEXT STEP

Your digestive issues aren't here to punish you, they're here to guide you. When you listen and respond with the proper support, you create lasting freedom.

You deserve to feel great.

If you're ready to stop piecing it together on your own, let's find your turning point together. Start with the Wellness Starter Program: three sessions designed to uncover your root causes, create your custom food plan, and begin the mindset work that transforms everything.

[Book Your Starter Program Here](#)

DEEP DIVE APPENDIX: THE NERDY GUT DETAILS

🌱 **IBD (Inflammatory Bowel Disease):**

Serious autoimmune conditions like Crohn's and ulcerative colitis.

🌱 **Celiac Disease:**

An Autoimmune reaction to gluten that damages the small intestine.

🌱 **IBS (Irritable Bowel Syndrome):**

A "catch-all" label for symptoms once IBD and celiac are ruled out. It doesn't explain the why.

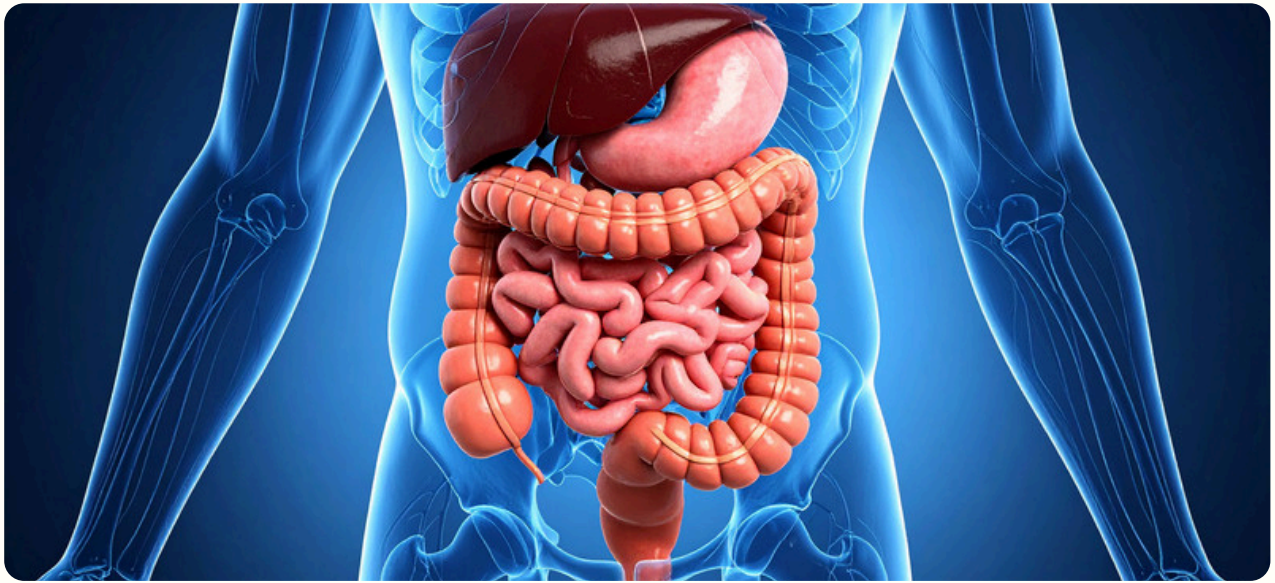
🌱 **Leaky Gut (Intestinal Permeability):**

When the gut lining weakens, toxins and bacteria can slip into the bloodstream, triggering immune responses.

🌱 **Microbiome:**

The trillions of microbes in your gut that influence everything from digestion to mood.

THE DIGESTION JOURNEY (ENTRY TO EXIT)



- ✿ It all begins in the brain: smelling and thinking about food activates digestion.
- ✿ In the stomach, hydrochloric acid (HCl) and enzymes break food down.
- ✿ The small intestine (20+ feet long!) absorbs nutrients.
- ✿ The large intestine reclaims water and minerals, and whatever's left — well, you know.
- ✿ Key sidekicks: your pancreas (enzymes), liver (bile), and gallbladder (bile storage).

Takeaway

There are many steps where things can go wrong — which is why symptoms vary so widely.

THE HIDDEN OFFENDERS

Your digestion is the gateway to health. Even “healthy” foods can be poisonous if your gut can’t process them.



Red Flags:

Bloating

Fatigue

Brain Fog

Acne

Constipation

Simple Reset:

Try two weeks without sugar, alcohol, dairy, and processed foods. Then reintroduce slowly, listening for your body’s feedback. Use paleo recipes as a foundation (can be vegetarian based but still follow paleo guidelines).

Your body already knows the answers. Symptoms are its language —
Let’s start listening.

QUICK RELIEF TRICKS

While it's essential to get to the root cause of chronic constipation, our “right now” focus is to relieve your body and get your drainage pathways flowing.

1

Always have Magnesium Hydroxide in your pantry. The moment you notice sluggish bowels, take 400mg (**2 capsules of Colon Rx**). This won't kick in immediately, but it will get things moving for the following day. If you are dealing with chronic constipation, you might take a lower dose of this daily while working to heal the underlying root cause. After a few days of taking two capsules, if it doesn't get your bowels moving, slowly increase by one capsule every 2 days until you find your dose

2

Vagus nerve exercises will help activate the parasympathetic nervous system and help you poop. Please read this book to learn about how to **retrain the Vagus Nerve**.

3

Drink plenty of water, tea, and warm water, and add salt or Quinton minerals. Dehydration is often overlooked as a reason why someone is constipated.

4

Food: avoid a bunch of raw, hard-to-digest plants (like salads and undercooked veggies), and opt for cooked foods that are easier to digest (bone broth soups, cooked veggies, and small servings of animal proteins if you eat meat).

5

If you don't feel very hungry, don't eat. Don't worry about getting your “protein grams” in. Your digestive system is overworked and clogged up, and the fast will give it the rest it needs to move everything through.

6

Castor oil packs on your lower abdomen or a heating pad while resting.

7

Stomach massage, yoga, exercise, or any kind of gentle movement will help to get things moving.

8

Lymph work to get everything moving (this only takes 3 minutes, and it's great to get in the habit of doing first thing in the AM).

9

Coffee enemas and colonics can provide immediate relief if you need to get everything moving quickly.

10

Address the underlying infection (GI-MAP and protocol).

THE LAB TESTING RUNDOWN

If basics don't bring relief, testing can uncover hidden culprits:

- ❖ **Oxford Biomedical MRT LEAP test** for food intolerances and sensitivities
- ❖ **Neurovanna SIBO** Breath test (hydrogen + methane)
- ❖ **Diagnostic Solutions GI MAP** Stool analysis: candida, parasites, enzyme production, H. pylori, leaky gut
- ❖ The Heidelberg test or at-home baking soda test for low stomach acid



Test, don't guess. This is where functional medicine shines.

STRESS IS THE ROOT MULTIPLIER

Every gut issue is magnified by stress. The voice in your head, your daily pace, and your emotional bandwidth all shape how your digestion functions. Healing your gut means working on your mind, too.



“Your body isn’t betraying you — it’s teaching you. Learn to listen, and you’ll uncover not just relief, but resilience. If you’re tired of piecing it together alone, let’s uncover your root causes and build a plan that lasts.”

[Book Your Wellness Starter Program →](#)

*This information is not intended to cure, treat, diagnose, or prevent any disease. I am not a doctor, but I am a knowledgeable holistic nutritionist with a Master’s Degree in Nutrition and extensive personal experience. This guide is meant to help you understand your digestive woes and point you in the right direction on the road to healing.