



Abundant Wellness
with Kari

Gut Health Screening

Could your gut be out of balance?

Check off how many of these apply to you:

- ☐ I experience bloating, gas, or abdominal discomfort regularly.
- ☐ I struggle with constipation, diarrhea, or irregular bowel movements.
- ☐ I have difficulty falling asleep, staying asleep, or feel tired after a full night's sleep.
- ☐ I deal with brain fog, mood swings, or low motivation.
- ☐ I have skin issues like acne, eczema, psoriasis, or rashes.
- ☐ I get sick often or have horrible seasonal allergies.
- ☐ I have a history of autoimmune conditions or chronic inflammation.
- ☐ I crave sugar, carbs, or caffeine to get through the day.
- ☐ I've taken antibiotics or antacids more than once in the past year.
- ☐ I feel like I've tried "all the things" and still don't feel my best.

Checked 3 or more? You may have a gut imbalance.

The good news: your body is designed to heal. With the right support, balance can be restored — and a free discovery call is the easiest place to start.

Book your free discovery call with Kari

405-953-2032 • abundantwellnesskari@gmail.com

Kari England • Natural Health Consultant & Nutrition Therapist • Piedmont, Oklahoma