



Better Health Through Better Digestion

As a young adult, I learned just how deep an impact food can have on health. I share my story for those wanting a more in-depth look at how powerful nutrition choices can be.

From about the age of 18 years old, I struggled with a range of gastrointestinal symptoms. Most commonly, I felt constant abdominal discomfort and fatigue. I also seemed to get infections frequently.

Before my studies in health and Chinese medicine, I regarded these symptoms as “normal”, mostly because I had no explanation, medical or otherwise, for feeling constantly uncomfortable. (It is now my experience that many people regard digestive problems as normal.) After about a decade of constant symptoms, however, my lab work became more abnormal, and my symptoms increasingly unbearable. Though doctors identified a significant problem, none had an explanation of the cause or the solution. It finally dawned on me that I needed to help myself.

Consulting just a few sources, I identified gluten-intolerance as the most obvious missing link to explain all these symptoms. I immediately eliminated gluten from my diet.

Within 24 hours—literally—I underwent a seemingly miraculous transformation. All my GI symptoms disappeared. Within a few weeks my energy surged. I no longer suffered constant lingering infections. My sleep improved. My skin regained color and normal tone. Friends asked me if I had “been on vacation,” or “gotten a tan”, trying to identify this shift. My dietary changes were the most powerful medical intervention I could have asked for.

My experience was a great teacher, in many respects. I gained a profound understanding of the importance of everyday food choices. Equally important, I learned to identify and heed the early, subtle signs that something is wrong. I now include digestion and diet inquiries for every patient.