



**Aimee's Story: Gut Health + Hormone Imbalance**  
with Aimee Harris Nidosik

**STEP 1 | WRITE OUT YOUR SYMPTOMS**

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**STEP 2 | RESEARCH**

- SCD, Low Fodmap, AIP - autoimmune-specific restrictive diets
- Supplements
- Blood Tests
- Lab Tests
- Sleep Recommendations
- Exercise/Activity Recommendations

**STEP 3 | MAKE THE CHANGE**

I am committed to making the change effective \_\_\_/\_\_\_/\_\_\_ and doing all that I can to give these changes the time needed for my body to heal. I will give myself grace and permission to start again, but I refuse to give up.

#### **STEP 4 | MONITOR SYMPTOMS USING THE FOLLOWING:**

1. Symptom changes
2. Blood Tests
3. Lab Tests

#### **STEP 5 | FEEL BETTER + LIVE A GOOD LIFE.**