

Bowels



1. What symptoms should prompt me to recontact your office?

If you are not clear, please ask your Practitioners to rephrase their response in a different way.

2. Is there anything I need to be aware of if I take over-the-counter or prescription medicines?

Please be sure you fully understand how you are meant to take the suggested medicines and ask your Practitioners any questions beforehand. You are not bothering them; your safety is their priority.

3. If I need to be seen by a specialist, will my insurance require a referral?

4. After reviewing my food journal, what whole food, plant-based changes should I consider that will help me improve my bowel symptoms?