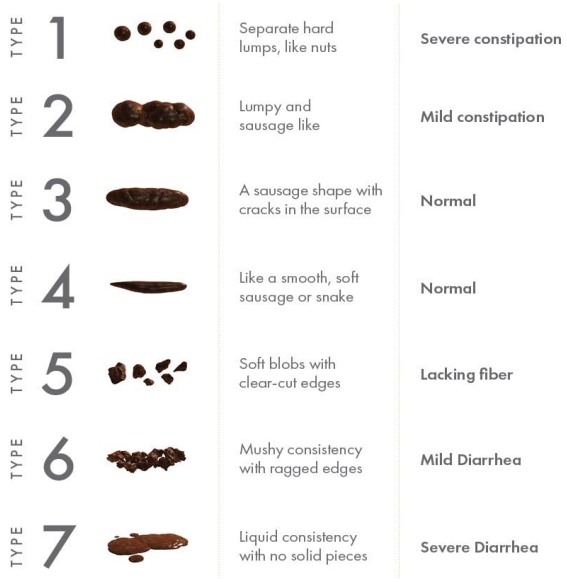
21-Day Digestion Symptoms Daily Check-In

1. Passing gas
2. Burping
3. Bloating (particularly after meals)
4. Sweet and/or starchy cravings
5. Nausea
6. Heartburn / acid reflux
7. Skin issues (acne, rashes, dry patches, eczema, psoriasis, etc.)
8. Average energy level
9. Bristol Stool Chart

Rate the items on a scale from 0 (no symptoms) to 5 (very bad symptoms). For your energy level 0 = none and 5 = high. For the last one, use the Bristol Stool Chart.



Self-Test Digestion Biomarkers

Metabolic Flexibility = Fasting blood glucose

- Best done first thing in the morning before you've had anything to drink, except water
- Leave glucometer somewhere you'll see it as a reminder
- Wash your hands before testing. Swabbing your finger with alcohol is even better
- Follow the instructions that came with your glucometer kit

Carb Burner Imbalance Glucose < 75
Metabolic Balance Glucose = 75-99
Fat Burner Imbalance Glucose > 95

Electrolyte Levels = Blood pressure

- Can be taken at any time of day
- Sit down someplace where your bent arm can be supported, both feet flat on floor, and relax for 2 minutes or so first
- Follow the instructions that came with the cuff or are at the drugstore testing station

Electrolyte Deficiency < 112/74
Electrolyte Balance 112/74 - 130/87
Electrolyte Excess > 130/87

Anabolic / Catabolic State = pH readings

- Best done at least 2 hours after eating. Right before dinner is an ideal time
- Do these both at the same time for convenience--doesn't matter which you do first
- Don't have anything in your mouth for 20 minutes before testing
- For the urine test, pee into a cup and then dip the strip into it
- For the saliva test, bring some spit between your lips and run strip through it. READ THE SALIVA TEST IMMEDIATELY because numbers will change.

Anabolic Imbalance Urine pH > 6.3 Saliva pH < 6.6
Anabolic / Catabolic Balance 6.5 (both)
Catabolic Imbalance Urine pH < 6.1 Saliva pH > 6.9

Date	1	2	3	4	5	6	7	8	9	Notes (for self-tests G=glucose, BP=blood pressure, UpH=urine SpH=saliva)

Date	1	2	3	4	5	6	7	8	9	Notes (for self-tests G=glucose, BP=blood pressure, UpH=urine SpH=saliva)