



x Parsley Health



5 Questions to Ask Your Provider to Get to the Root Cause of Digestive Issues

Digestive issues like bloating, constipation, or stomach discomfort can be challenging to decipher. Symptoms often overlap between conditions, making it difficult to identify the underlying causes. Because gut health also affects immunity, energy levels, and mental clarity, addressing these issues holistically can improve your overall well-being.

Unsure of where to start?

Here are five questions to guide a deeper conversation with your healthcare provider:

I

What underlying factors could be driving my symptoms?

Your provider can help explore potential causes, such as food intolerances, stress, hormonal imbalances, or gut microbiome disturbances.

II

Are there specific tests that can provide more clarity?

Testing for gut health markers, nutrient deficiencies, or hidden inflammation can reveal insights that go beyond symptom management.

III

How might my diet or daily habits be contributing to my symptoms?

Discuss whether certain foods, sleep patterns, or exercise routines could be aggravating your digestive system.

IV

How might my symptoms be connected to other health concerns?

Digestive problems often overlap with issues like fatigue, skin problems, or mood changes. Ask how improving gut health might address these areas too.

V

What long-term treatments can I implement for lasting improvement?

Your provider might suggest tailored solutions, including dietary adjustments, supplements, stress management techniques, or probiotics, to support sustainable gut health.

Asking these questions can help uncover the root causes of your digestive symptoms and pave the way for lasting relief!



Ready to start feeling better? Get to the root cause of your symptoms.

Valley Schools has partnered with Parsley Health to provide root-cause medicine care to eligible employees and dependents 18+ on the UnitedHealthcare medical plan with Valley Schools, who are managing a chronic condition. Parsley Health's personalized program proactively addresses top risk factors and health conditions, including autoimmune, GI & digestive, reproductive & hormone, cardiometabolic, diabetes & pre-diabetes.

Visit parsleyhealth.com/valleyschools and complete the intake form to see if you are eligible.