

RECLAIM YOUR HEALTH AND VITALITY:

The SHIFT Healing Framework
to Reverse Gut Issues



SHIFT
CHIROPRACTIC

1. MY GOAL FOR YOU IN THIS GUIDE

You are not alone in feeling like something is wrong with your health, despite what your lab tests show. If you're tired of **feeling like a shadow of yourself**, if you've been battling **low energy, brain fog**, and the constant frustration of **not being able to focus** or complete tasks, this guide is for you.

I understand how **disheartening it is** to feel disconnected from who you truly are. It's frustrating to try so many solutions—from medications, cleanses, and fad diets to influencer recommendations—only to feel like you're running in circles. I know you feel like you've tried everything and nothing has worked. But I'm here to tell you that healing is possible, and it starts with **addressing the root causes** of your gut issues.

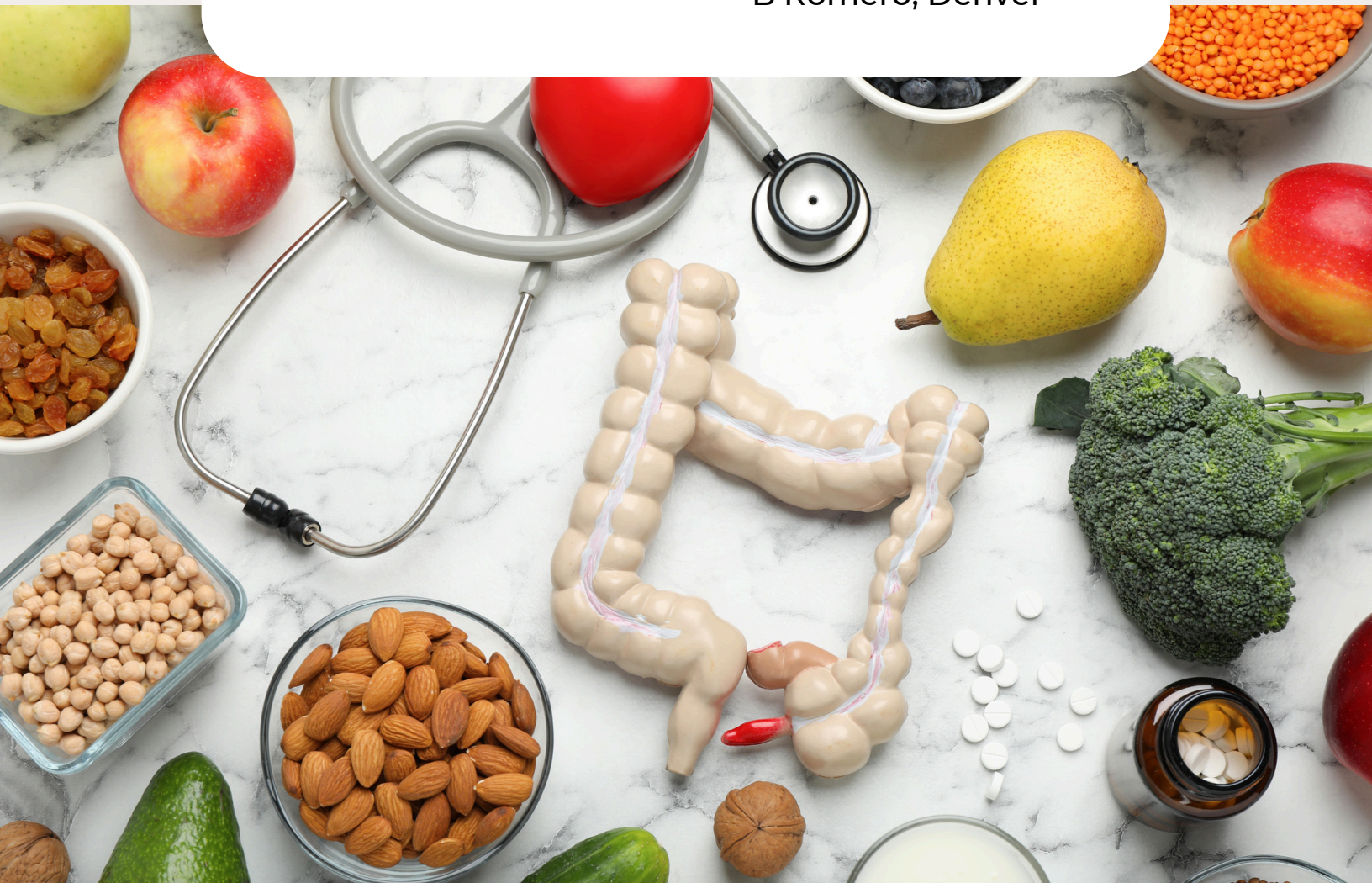
This guide will introduce you to a better way to heal. By using the **SHIFT Healing Framework**, we will address **structural, neurological, and metabolic** pillars, all of which are critical to your healing. This comprehensive approach goes beyond surface treatments. It's about getting to the very core of what's affecting you.



2. A PATIENT *Testimonial*

"I had been feeling terrible for years. Doctors couldn't find anything wrong with my lab results, but I knew something wasn't right. I tried everything, but nothing gave me lasting relief. After working with Dr. Marco and following the SHIFT Healing Framework, I started noticing a huge difference. My energy is back, my mind feels clearer, and my mood is more stable. I feel like myself again!"

— B Romero, Denver



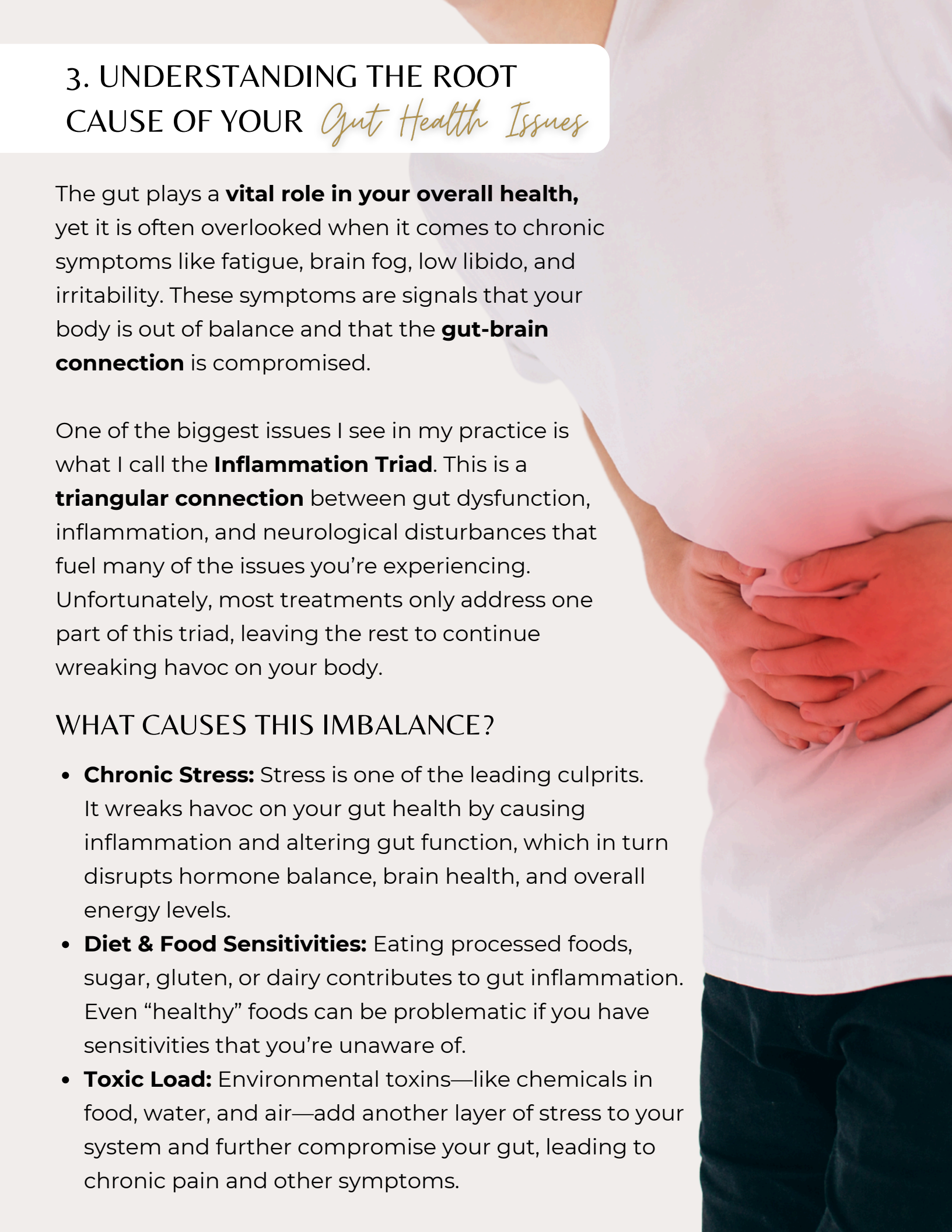
3. UNDERSTANDING THE ROOT CAUSE OF YOUR *Gut Health Issues*

The gut plays a **vital role in your overall health**, yet it is often overlooked when it comes to chronic symptoms like fatigue, brain fog, low libido, and irritability. These symptoms are signals that your body is out of balance and that the **gut-brain connection** is compromised.

One of the biggest issues I see in my practice is what I call the **Inflammation Triad**. This is a **triangular connection** between gut dysfunction, inflammation, and neurological disturbances that fuel many of the issues you're experiencing. Unfortunately, most treatments only address one part of this triad, leaving the rest to continue wreaking havoc on your body.

WHAT CAUSES THIS IMBALANCE?

- **Chronic Stress:** Stress is one of the leading culprits. It wreaks havoc on your gut health by causing inflammation and altering gut function, which in turn disrupts hormone balance, brain health, and overall energy levels.
- **Diet & Food Sensitivities:** Eating processed foods, sugar, gluten, or dairy contributes to gut inflammation. Even "healthy" foods can be problematic if you have sensitivities that you're unaware of.
- **Toxic Load:** Environmental toxins—like chemicals in food, water, and air—add another layer of stress to your system and further compromise your gut, leading to chronic pain and other symptoms.





4. HOW I DISCOVERED THE SHIFT HEALING FRAMEWORK

The SHIFT Healing Framework was born out of years of frustration. As a chiropractor, I began noticing that patients who came to me with digestive problems were often dealing with far more than just gut symptoms. They were experiencing fatigue, joint pain, and emotional instability, and their gut issues were only one part of the puzzle.

I began combining **structural**, **neurological**, and **metabolic** solutions into a holistic healing plan that addressed all three pillars. Much like you would handle a **burning home**, you can't fix everything until the fire is put out. First, we address **the inflammation triad**, put out the "fire," and then clear the debris so you can rebuild. This is how we **create lasting healing**.



5. THE SHIFT HEALING FRAMEWORK – YOUR STEP-BY-STEP GUIDE TO HEALING

Step 1.

Structural – Corrective Chiropractic Care

Your spine and nervous system are the **foundation of your health**.

When there are misalignments (subluxations) in your spine, it creates stress in your body and disrupts communication between your brain and gut. Zone Chiropractic care corrects these misalignments, reduces inflammation, and allows your body to function at its best.



Testimonial

"I never thought my back pain had anything to do with my gut health. But after a few adjustments, not only did my pain improve, but my digestion and energy levels started to get better too!"

— T Johnson, Denver

Step 2.

Neurological – Balancing Hormones & Reducing Inflammation

Chronic inflammation in the gut leads to hormonal imbalances that can affect everything from mood to libido to energy. By addressing this, we help **rebalance hormones** and reduce systemic inflammation, allowing the body to heal itself.



Testimonial

"I struggled with low energy and mood swings for years, and I thought it was just part of getting older. Once I started following the protocol, and it took some time, I noticed a gradual difference in my mood and energy. Thank you Thank you Thank you Dr. Marco!!"

— C. Shimmel, Denver

Step 3.

Metabolic – Healing the Gut & Restoring Balance

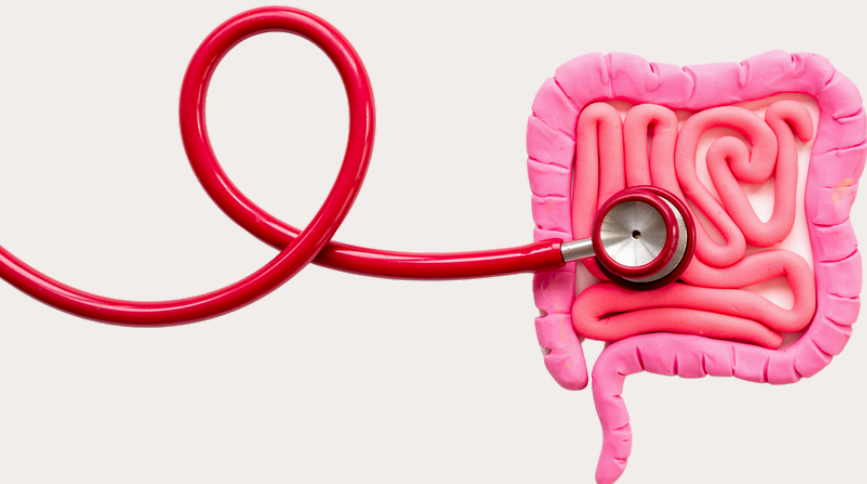
The gut is at the center of everything. We use **personalized protocols** (food sensitivity testing, supplementation, diet changes) to restore balance in the gut microbiome and repair the gut lining. This is crucial to improving digestion, brain health, energy, and reducing inflammation.



Testimonial

"After testing for food sensitivities and following the gut healing protocol, I felt better within weeks. I had more energy, less bloating, and felt lighter—physically and mentally."

— J, Padro, Denver



Step 4.

Healing the Whole Body – Stress Reduction & Mind-Body Healing

Stress is a silent killer that exacerbates gut issues. By using stress-reducing techniques like **breathwork**, **meditation**, and **guided relaxation**, we help calm the nervous system and support the healing process from within.

Testimonial

"I had no idea how much stress was affecting my symptoms. After incorporating mind-body techniques into my routine, my digestion got better. Its like I felt "clean" inside, lighter and healthier. Really cool ."

— K. Mazzatta, Denver



6. YOU MIGHT BE WONDERING...

It's totally normal to have doubts. You may be thinking:

- **“I’ve tried everything before. What makes this different?”**

The difference with SHIFT is that we don't just treat symptoms; we **treat the root cause**. By addressing the **inflammation triad**, we focus on structural, neurological, and metabolic factors—ensuring your body heals from the inside out. This is not a temporary fix; it's a lasting solution.

- **“I don't have time for this.”**

I understand how busy life can be. But healing doesn't have to be overwhelming. We'll work together to create a plan that fits seamlessly into your lifestyle—so that you can begin feeling better **right away**. The results are worth the effort.

- **“What if it doesn't work for me?”**

Healing isn't a one-size-fits-all process, which is why we offer personalized solutions. You are unique, and so is your healing plan. The SHIFT Healing Framework is designed to get to the **root cause** of your issues, **empowering you** to heal and feel like yourself again.

- **“What if I'm too embarrassed or frustrated to even talk about this?”**

I hear you. Many people feel isolated and frustrated with their health. But this journey isn't just about fixing your gut; it's about **reclaiming your life**. You don't have to navigate this alone. I'm here to help you every step of the way.



5. ACTIONABLE STEPS YOU CAN TAKE TODAY TO START REVERSING YOUR SYMPTOMS

Healing your gut requires action. The SHIFT Healing Framework empowers you to start making real changes right now. These five **actionable steps** will guide you toward a healthier, more vibrant life:

1. Eliminate Inflammatory Foods Begin by **removing** the foods that are most likely contributing to your gut issues and inflammation. These include:

- Gluten
- Dairy
- Processed sugars
- Refined grains
- Artificial additives



Focus on eating whole, nutrient-dense foods like vegetables, lean proteins, and healthy fats. Track how your body reacts after eliminating these foods for at least a week. This is the first step to reduce inflammation and give your gut the space it needs to heal.

2. Start a Daily Stress-Reduction Practice Chronic stress can significantly impact your gut health, so it's essential to make time every day to **reduce stress**. This can be as simple as:

- Practicing deep breathing for 5-10 minutes each morning
- Taking a brisk walk outside to reset your mind
- Incorporating a few minutes of meditation or mindfulness before bed



Start with just a few minutes each day to create a habit, and gradually increase your stress-reduction practice. Over time, you'll notice a reduction in anxiety and tension that will benefit your digestive health and overall well-being.

3. Rebuild Your Gut Health with Probiotics Your gut is home to trillions of bacteria that need balance. Start by introducing **probiotics** into your routine, either through food (like fermented vegetables, kefir, or yogurt) or supplements. Probiotics can help:

- Restore beneficial bacteria
- Enhance digestion
- Boost your immune system



Begin with a high-quality probiotic supplement and consider adding more fermented foods into your diet. This will begin the process of healing your gut lining and restoring microbial balance.

4. Commit to Regular Movement Every Day Physical activity plays a key role in gut health by reducing inflammation and improving circulation. Find an activity that works for your body and make it a daily habit. This could be:

- A 15-20 minute walk in the morning or after meals
- Gentle yoga or stretching routines
- Light strength training or resistance exercises

The goal is consistency. Make movement a non-negotiable part of your daily routine to support gut function and overall health.



5. Prioritize Quality Sleep and Rest Your body heals while you sleep, and poor sleep exacerbates gut issues. Start focusing on your sleep hygiene:

- Set a regular bedtime and wake-up time
- Create a calming evening routine to wind down (e.g., no screens, relaxing music)
- Aim for 7-9 hours of quality sleep each night

Rest is an essential piece of the healing puzzle, allowing your body to repair and restore balance. Prioritize sleep to support your immune system, reduce inflammation, and give your gut the chance to heal.

These 5 steps are designed to empower you to take action today. They may seem simple, but they will set the foundation for real, lasting healing. Each step you take will bring you closer to feeling better and reclaiming the energy, focus, and well-being that you deserve.



WELLBENG



7. A SPECIAL GIFT *for you*

If you've tried to get better and are still suffering with autoimmune issues like hypothyroid, and other gut related issues and you feel like you need extra help, I have a *special offer* for you.

To kickstart your healing, I'm offering an exclusive **Screening Package** valued at **\$405** for only **\$47**. This package includes:

- **Comprehensive Gut Health Consultation** – Discover the root causes of your digestive issues. (\$100 value)
- **Posture Evaluation** – Learn how misalignments may be contributing to discomfort. (\$75 value)
- **Functional Movement Assessment** – Identify key areas of dysfunction. (\$75 value)
- **Range of Motion Testing** – Measure mobility and uncover restrictions. (\$75 value)
- **Whole Body Inflammation Screening** – Detect sources of inflammation that need attention. (\$80 value)
- **Wellness Evaluation**- Discover the severity of your condition and the lifestyle choices that may be hurting you.

💡 **Total Value: \$405**

★ **Your Price Today: ONLY \$47!**

But here's the catch: I only have **6 reduced gut health screenings available per month**, as we do a deep dive on each patient and want to make sure we have a lot of time and energy.

[Click here](#) to secure your spot before they're gone!

Legal Disclaimer

If you are experiencing unbearable pain, call 911 immediately. If any of these steps increase your symptoms, stop immediately and consult a physician.

READY TO TAKE THE NEXT STEP?

Email us at : shiftchiro@gmail.com to book your Screening Package and begin your healing journey today. Don't wait—your health is worth it, and the time to take action is now.



Dr. Marco
Vespa

