



# Whole Food Supplements and Probiotics Help a Young Client Conquer Lifelong Allergies and Digestive Challenges

**How Simple, Strategic Shifts Led to 95% Symptom Relief and Better Quality of Life**



## Key Achievements

- 95% improvement in allergy symptoms within one year
- 80–90% improvement in digestive issues in six months
- Consistent energy and restful sleep achieved naturally
- Relief from lifelong health challenges without intensive protocols



# The Business

BioField Energy Healing is a holistic healing practice led by Mary Ruth Faulkner, blending Biofield Energy Healing with functional wellness to help clients restore balance and vitality on every level—physical, emotional, and energetic.

At the core of the practice is the belief that true healing happens when the body's systems and subtle energy field are both in alignment. Through personalized care that integrates energy work, nutrition, lifestyle support, and intuitive insight, Mary Ruth helps clients uncover root causes and experience deep, lasting transformation.

The practice serves both in-person and virtual clients seeking a whole-person approach to wellness.



# The Client

A young man in his mid-twenties, who had struggled for years with seasonal allergies and increasing digestive discomfort, sought help to improve his quality of life.

While not ready for a complete wellness overhaul, he was open to simple, actionable steps.





# The Problem

His allergy symptoms - coughing, throat mucous, sneezing, itchy eyes, and a constantly runny nose - were present year-round.

He believed they were something he'd just have to live with.

Meanwhile, his digestive issues, present since childhood, had worsened by college.

Symptoms included post-meal fatigue, stomach pain, constipation, and 3 a.m. wakeups with abdominal urgency.



# The Work

Understanding his readiness and lifestyle, we started with targeted, achievable interventions:

- For **allergies**: A potent whole food supplement rich in plant-based antioxidants and nutrients.
- For **digestion**: A spore-based probiotic to rebalance gut bacteria and support regular eliminations.
- **Lifestyle** guidance: Encouraged increased hydration and reduced gluten, dairy, and sugar intake.

# The Results

## 95% Symptom Reduction

Within two months of using the supplement, his allergy symptoms significantly diminished, and were 95% resolved within a year.

Even his parents noticed the difference.

## 90% Improved gut function

After one month of probiotic use, he experienced more regular bowel movements, and by six months in, his digestive complaints had been reduced by up to 90%.

He now enjoys steady energy and uninterrupted sleep.

The client is now thriving—living a full, balanced life with renewed energy and clarity.



Ready to begin your own healing journey?

If you're feeling stuck, drained, or out of alignment - know that there's a path forward.

Let's explore what's possible for your energy, health, and vitality.

👉 **[Book Your Vitality Mapping Call Now](#)**