



# Targeted Nutrition and Testing Transform Digestive Health for a 69-Year-Old Client



## How Commitment to a Personalized Protocol Resolved Heartburn, Cravings, and Fatigue



## Key Achievements

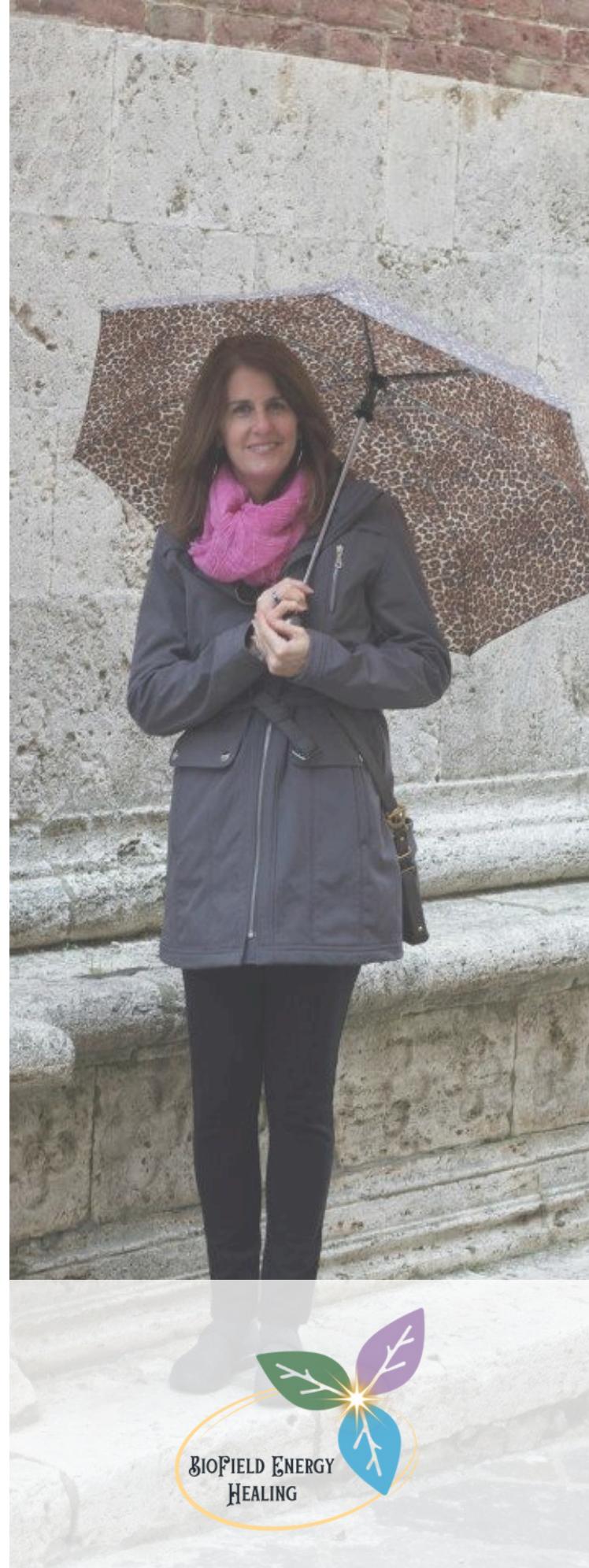
- Complete resolution of heartburn, belching, and bloating
- Nine pounds lost in under three months
- Elimination of sugar cravings and improved energy
- Long-term lifestyle changes sustained nine months later

# 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 69-year-old woman came seeking relief from persistent heartburn (which she described as a sensation "in her throat"), belching after meals, afternoon fatigue, and difficulty stabilizing her weight.

She also struggled with food cravings that impacted her daily energy and diet.



# The Problem

After completing detailed intake forms, we identified digestive dysfunctions likely contributing to her symptoms.

Her goals were clear: improve digestion, reduce cravings, and regain control of her energy and weight—all through natural, sustainable methods.



# The Work

We began with targeted supplements to support digestion and the function of the stomach's entrance.

A chewable supplement was added to soothe heartburn as needed. We also sent her food sensitivity and stool test kits to complete at home, ensuring deeper insight into her gut health.

At the follow-up, we implemented:

- Food choices that minimize cravings
- Temporary removal of sensitive foods to allow healing
- A gut-targeted supplement protocol addressing imbalances

After five weeks, her cravings diminished, heartburn decreased, and she had lost four pounds.

Over the next eight weeks, continued adjustments led to a complete resolution of belching, bloating, and heartburn. She had lost a total of nine pounds.

# The Results

**100%**  
**Cravings**  
**Reduction**      **9 lbs**  
**Sustained**  
**Weight Loss**

At her nine-month follow-up, she reflected on the experience, saying she had learned “how to educate myself about what makes my body function best.”

She now avoids trigger foods, including gluten, and follows the food and lifestyle guidance she acquired. Her sugar cravings are gone, and the weight she lost has remained off.

The client is now thriving with steady energy, symptom-free digestion, and the confidence to make choices that support her long-term wellness.



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](#)