



Ashley's story

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I was raised in a small town. As I was growing up, I didn't have a lot of experience with or knowledge about nutrition. In my family and community most of the discussion around food was about how to prepare or enjoy the food rather than any potential health benefits or consequences related to diet. I found this knowledge gap intriguing and I was inspired to learn more about our health and the food we put into our bodies. I made the decision to move from my small hometown to Minneapolis in order to attend the University of Minnesota. As I was trying to decide what major was right for me, I kept coming back to nutrition and business. At first it was hard to choose but ultimately, I decided to pursue nutrition as I felt that business was something that I could learn without taking on a full undergraduate degree. In total, I obtained 7 years of formal schooling in nutrition science. I am glad that I trusted my gut on this decision. I have learned so much about business on the go, some of it, I am sure I wouldn't have learned in the classroom anyway.

While I was in school, I was also struggling with my health. I had been given antibiotics for many years to try to manage the severe acne I'd had since the sixth grade. This disrupted my gut. Into my twenties I experienced IBS and other GI symptoms in addition to brain fog, and changes in my mood and energy. At one point the fatigue was so bad, that I had to take every Friday off of work just to muster enough energy to make it through the other four days of the workweek. As a nutrition student and professional, I had learned about functional nutrition, so I decided to try to apply the methods I'd learned to my own situation. In doing so, I found that I had nutritional deficiencies and possible bacteria overgrowth, among other issues. I started supplementation immediately in order to combat these nutrition deficiencies and in less than a week, I had already experienced changes in my energy levels.

Since then I have felt called to help others who might be experiencing similar problems with seemingly no answer. After many years of clinical practice, I started Oswald Digestive Clinic to let people know how improving their gut health and nutritional status can change everything. I want to help people identify and fix their underlying causes, rather than just alleviate the symptoms. I feel that I have such a heightened level of understanding and connection with our gut health community and clients because of the issues I had with my own gut health. I know what they are going through, as do our other clinicians, and that drives us to provide the best possible care we can.

I love to take the complex information, about nutrition, about a client, or about their symptoms, and try to connect the dots to find the root cause. I am known by my colleagues for being an information junkie. I have a way of organizing information using technology so that I can accurately and quickly look things up to find the answer and then present it to the client, reader, or listener. As the founder of a virtual clinic, this skill and passion has really helped our clinic to grow.

To help people know about our clinic, we currently utilize many platforms such as YouTube, LinkedIn, Facebook, Google, website, and emails. My favorite channel for relaying information and connection is YouTube. I want individuals to be able to find us, and to know that we are here for them at Oswald Digestive Clinic. I want more people struggling with gut issues to know that we are an option for them to get functional nutrition guidance from gut health nutrition experts, something they often haven't been told is an option for them, nor told how effective it can be. Our clinic knows, because we've seen people get rid of bothersome gut issues that they have sometimes struggled with for life!

I want our clinic to continue to put out a lot of free information about gut health, to let people know that there is hope and give them some tools to begin their own health journey. At any given time, a simple fact or technique might be life changing. In the handful of years that our clinic has been operating, we have helped change the lives of so many clients, and regularly receive testimonials telling us that! I don't blog, per se, but I do write little stories that lead into our YouTube videos. You are always welcome to use these on your site, giving credit to my name / our clinic, and then linking out to our YouTube channel. You can parooze the topics [here](#). I am excited to see how much Oswald Digestive Clinic continues to grow and what the magnitude of our impact will look like in the next five years, ten years, and so on. Please come subscribe to our YouTube channel at Oswald Digestive Clinic. Can't wait to meet you!

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