



**Vital**  
Nutrition

# Good Gut Guide

Gut health is not something we usually discuss in polite conversation, so how do you know what is normal, and what is not?

IBS is one of the most common health diagnosis, thought to affect about one in five of us. When our digestion is out of sync it affects our whole body. In this workshop you will find out what, when and how to eat to support your digestion and have a toolkit to help you feel well.

**Your group will discover:**

- How digestion links to your overall wellbeing
- A guided tour of good gut health
- The impact that nutrition can have on the gastrointestinal tract
- Nutritional toolkit for good gut health

**Get in touch**

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