



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?

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 when IBS hits.

You 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
- How and what to eat for a healthy gut microbiome

Get in touch

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