

LIVE SEMINAR INVITATION

The Sensitive Gut:

Identifying key drivers & implementing practical solutions



Herbs of Gold extends a warm invitation for you to join us for our FREE live seminar

The Sensitive Gut: Identifying key drivers & implementing practical solutions

Digestive health is seen as increasingly important in overall health, with the digestive process providing the building blocks for whole body wellness. Despite its importance to overall health, 50% of Australians experience gut problems, with one in seven experiencing distressing gut health symptoms¹.

In this seminar, we'll explore the role of the gut as the seat of all health, and the impact a sensitive gut can have on individuals. We'll look at risk factors for gut disturbance and common gastrointestinal complaints including abdominal pain and discomfort, bloating, nausea and irregular bowel movements that can be a sign of underlying dysfunction, with a lens to implementing practical solutions to improve gut function and overall vitality in your customers.

In this seminar we'll explore:

- Key drivers of poor gastrointestinal health
- Systemic effects of gastrointestinal imbalance
 - Common gastrointestinal symptoms
- Practical solutions for optimal gut health

Products featured in this seminar include:



Gut Care



Digest-Zymes



Probiotic 60 Billion



Probiotic + SB



DINNER
PROVIDED



GIVE-AWAY
BAGS

When

Tuesday 11th November

Where

Mantra Bunbury Lighthouse
2 Carey St, Bunbury

Time

Light dinner: 6:30pm

Gluten-free, dairy-free, vegetarian & vegan friendly options will be available

Seminar: 7pm

The Seminar will run for 60 minutes
+ 15 minutes Q&A

RSVP

Scan the QR Code to register for this seminar by 4th November.



SPEAKER:

SHAREE JAMES

WA STATE TRAINER
AdvDipAppSc (Naturopathy)

Sharee is a qualified naturopath with over 20 years of both clinical and industry experience including retail, medical sales and pharmacy. She has a passion for education and sharing her knowledge of complementary medicine with others as well as continually developing her clinical skills in private practice.



**CPE CERTIFICATES AVAILABLE
FOR 60 MINS CONTACT TIME**

1. Belobrajdic, D., Brownlee, I., Hendrie, G., Rebuli, M., Bird, T. (2018). Gut health and [...]: An overview of the scientific evidence of the benefits of [...]. CSIRO, Australia.

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