



TRUSTING YOUR GUT INSTINCT

Exploring the link between your gut bacteria
weight loss, stress and healthy hormones

HOSTED BY: Go Vita Coffs Central

VENUE: Creative Hub
Level 1, Coffs Central

WHEN: Tuesday 20th September, 6pm-8.30pm

COST: FREE - Numbers limited
Call (02) 6652 2993 to reserve your place

SPEAKER: Vicky Spencer ND, DMH
Fusion Health Training Manager

WE WILL DISCUSS -

- How your gut bacteria can effect your weight.
- The link between anxiety, depression, inflammation and joint pain and your gut microbiome.
- What foods are best to support your microbiome.
- The specific strains of bacteria that support hormone, brain and immune health.

Vicky is a Qualified Naturopath, medical herbalist and personal trainer, who has over 20 years experience in the natural medicine industry. Vicky's focus is on inspiring and showing how when the body is given the fundamentals, true health and vitality can be achieved.

Learn how to age with vitality rather than grow old.

Limited numbers, Bookings essential!

A light snack and beverage will be provided.

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health

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