



THE IMPORTANCE OF GUT HEALTH

GOOD DIGESTION IS KEY

Healthy and strong digestion is at the heart of good health, immunity and longevity.

In Ayurveda there is a saying:

“You not you are what you eat, but you are what you digest”.



TOXINS LEAD TO DISEASE

Poor digestion forms the basis of disease. If our digestive fire is not burning well, it affects our bodies ability to break down food (and emotions) into nutrients. If food is not digested, this can lead to toxins building up in our system, which are then transported around the body and can result in inflammation in the skin, the gut, the tissues and the bones.



MY TOP 10 TIPS FOR HEALTHY DIGESTION

- ✦ Eat warm , cooked food - avoid cold & dry
- ✦ Sip warm herbal teas throughout day
- ✦ Use digestive spices in cooking
- ✦ Only eat when hungry, listen to your body
- ✦ Don't over eat, avoid snacking
- ✦ Eat consciously without distraction
- ✦ Eat your main meal at the middle of day
- ✦ Don't eat on move, sit down calmly
- ✦ Practice gratitude for what you eat
- ✦ Don't eat when emotional

BALANCE YOU



LIVE AYURVEDA

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HELLO I'M HENNY

A fully qualified Ayurvedic Consultant offering a holistic approach to healing gut health issues fusing ancient, time tested wisdom, with modern wellness techniques.

WHAT IS AYURVEDA?

Ayurveda is a holistic way of living, bringing you closer to your true self and the natural world. It is a system of healing, a traditional form of medicine & holistic healthcare that dates back 1000's of years. Literally translated as Science of Life - 'Ayur' meaning 'Life' and 'Veda' meaning 'Science', it understands the connection between mind & body, but also our spirit and emotions, as well as our place and connection to nature and the world we live in. Treatment is tailored to each individual, as Ayurveda understands every one is unique and seeks to heal illness, but also prevent imbalance and disease in the body in the first place..



BALANCE YOU



LIVE AYURVEDA

THE HOLISTIC GUT HEAL METHOD

Enjoy food again and
live your fullest life!

12 WEEKS TO HEAL
YOUR GUT AND
BUILD A DEEP MIND-
BODY CONNECTION



WHAT IS THE HOLISTIC GUT HEAL METHOD?

In my Signature 1:1 Program THE HOLISTIC GUT HEAL METHOD, I will help guide you step-by-step to overcome your debilitating digestive issues without restrictive diets or medication. It's a 12 week journey specifically designed to help heal your gut and mind-body connection, so that you can enjoy food again without any pain, bloating, constipation or other symptoms associated with poor gut health.

To find out more, book a free call below:

[BOOK YOUR FREE
CONSULTATION](#)