

## Focus on Digestive Health

Well, I'm back after a little time away and feeling refreshed. I trust too that you have enjoyed the holidays and are feeling refreshed and motivated.

I'm taking appointment bookings for May now so please get in touch to **arrange your next appointment** so I can continue to support you on your health journey.

## Nutritional Therapy for Digestive Health

There is so much to be thankful for despite our difficult times and many creative ways to make our future brighter. One of these ways is to **refocus on our health and wellbeing**. If we **feel good, positive, confident and energised** - other things take on a different perspective and become achievable.



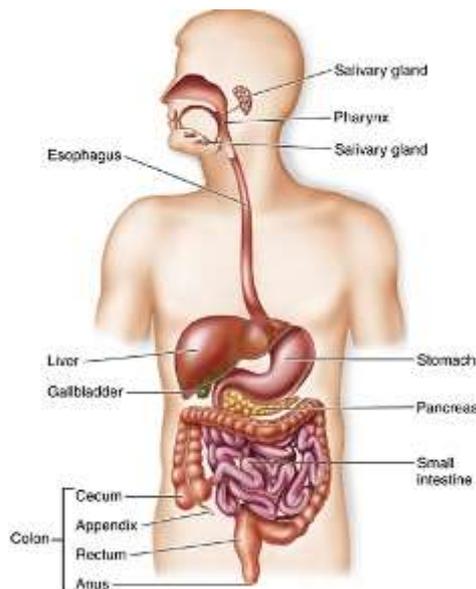
## 'All Disease Begins in the Gut?'

Two thousand years ago, Hippocrates, Greek physician and 'father of medicine', said that **'all disease begins in the gut'**. It is true that our digestive system is so important to our overall health that if it is not functioning well there's a good chance that this is negatively affecting other areas of our body and making us feel ill. **Disease, imbalance, toxicity or improper function** in our digestive system will also mean we may be left short of essential nutrients for our bodies to function at its best and leave us tired, bloated, uncomfortable, overweight, vulnerable to infection, immune problems, skin problems and chronic disease.

As nutritional therapists we often begin programs by **optimising the digestive system**

from top to bottom using therapeutic foods and other natural solutions. This protocol may include improving food choices, cooking methods, chewing action, stomach acidity, liver, pancreas & gall bladder function, nutrient assimilation, digestion and absorption; optimising the microbiome (e.g. gut bacteria, parasites, yeasts), digestive enzymes, digestive hormones, satiety signals, gut immunity, gut motility, elimination and generally giving your digestive system a well-deserved boost.

I also use a **coaching approach** to help you implement these changes and **improve lifestyle factors** such as stress, exercise, sleep and even toilet habits that can affect digestive health. This holistic approach is found to be **very effective** in optimising gut function and improving overall health and wellbeing. See information on my recommended '**Digestive Restoration Program**' below.



**Did you know** that signs of low stomach acidity can resemble the signs of high stomach acidity? If we take acid reducing drugs regularly it's like putting a plaster on a boil - it treats the symptom but not the cause, and this could lead to complications later. A bacterial infection could also be the cause of your stomach acid imbalance and if left untreated could lead to stomach ulcers and eventually stomach cancer. Do not ignore seemingly insignificant symptoms, get help as soon as you notice anything unusual.

## Digestive Restoration Program

I work in collaboration with your doctor to investigate the cause of your digestive complaint and personalise a program to facilitate healing.

Please contact me  
to find out if I can help  
or to book an appointment.

**\$250 program includes:**

- 5 sessions of 1 hour each
- Health & Digestive Assessment
- 5R Personalised Program
- Meal Plans
- Test Recommendations
- Neutraceutical Recommendations

N.B. This program is not covered by medical aid

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Clinic Location - Mt Pleasant

5% USD cash discount  
on all services

See my [website](#) or contact me for more information on my services, group sessions, workshops and seminars. If you are unable to come to me, home or office visits can be arranged.

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