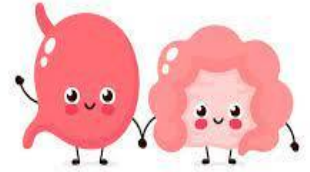




Gut Health... Go with your Gut!

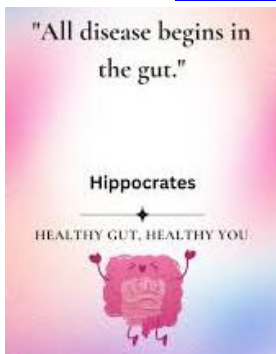


Free zoom

Sunday 22nd June 2025 10am

Join Zoom Meeting

<https://us02web.zoom.us/j/4938094936>



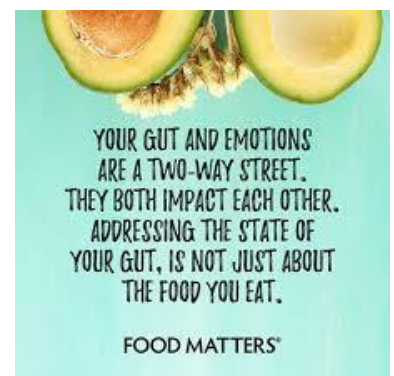
Trust your Gut your Health Depends on it!

The buzz around gut health has absolutely exploded on social media, since 2024, conclusion being that looking after your 'Gut Health' can really do wonders for keeping your mood in check and boosting how good you feel all around.

Perhaps one of the most fascinating aspects of the research is the human microbiota and its influence on the brain. You may have heard the phrase "gut feeling" when someone describes an instinctive response to a situation. This expression isn't just metaphorical—research has shown that our gut and brain communicate in ways that influence our emotions, behaviour, and cognitive function - this connection is known as the gut-brain axis, and it's a rapidly growing area of research.

Topics Covered....

1. A & P Alimentary canal
2. Diet
3. Herbs
4. Gut Brain Axis
5. Gastroenterology new research
6. Emotional Gut



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