

GUT Health Series

Discover the link between gut health and overall wellness through the gut-brain connection.

Each session is designed to explore the intricate connection between the health of our gut, cognitive function, mood regulation, and stress management, providing participants with practical knowledge and actionable strategies to enhance well-being.

Tuesday, Aug 6th at 12pm

The Gut Health Blueprint

The balance of bacteria in your gut is important for overall health. You will learn the fundamentals of digestion and nutrient absorption while exploring optimal vs. suboptimal gut health. Walk away with ideas for healing solutions and the next steps you can take to improve your gut health.

Tuesday, Aug 13th at 12pm

Nutrition for Cognition: Memory and Focus

Given the connection between our gut and brain, what we eat can have a significant impact on our focus and memory. In this session, we'll delve into the ways in which our plate can sharpen memory, boost cognitive function as we age, and improve brain performance.

Tuesday, Aug 20th at 12pm

Nutrition for Cognition: Food and Mood

The brain is a control center, regulating our thoughts and emotions. Our gut and brain are interconnected, making our diet a key factor in influencing our mood. We'll explore how to use your plate to make your gut happy, and in turn alleviate symptoms of anxiety and depression and promote a positive mood.

Tuesday, Aug 27th at 12pm

Support Digestion through Stress Reduction

Experiencing stress is a part of everyday life, but chronic stress can affect our overall health and digestion. Discover how the combination of nutrition and stress management techniques can help improve gut health, and take away ideas for relaxation techniques to try at home.

REGISTRATION LINK

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