



# New Patient Workshop

YOU ARE NOT WHAT YOU EAT - YOU ARE WHAT YOU ABSORB

**THIS WORKSHOP IS A TWO HOUR INTENSIVE TRAINING**

## **WE WILL COVER:**

1. The anatomy of the gut- this is important in understanding how the digestive system works and what can go wrong.
2. The very latest information on the microbiome & leaky gut/intestinal permeability- learn how your microbiome impacts virtually every aspect of health; from mental health and cognitive function to chronic disease, weight gain and autoimmune diseases. (see last page).
3. How to finally eliminate IBS symptoms, naturally via lifestyle & diet.
4. Typical causes of your digestive problems and causes that will surprise you.
5. Diseases/conditions that can manifest from an unhealthy gut but are not typically thought of as a gut condition.
6. Symptoms that you probably have but never knew were related to the intestines.
7. What you can tell about your health by looking at your bowel movements.
8. How the health of your intestines affects your weight. Yes, your gut health affects the way you lose or gain weight.
9. Food sensitivities and diet: their role in your GI issues, inflammation & overall health.
10. How to start the healing process & start seeing results.

## **HERE IS WHAT YOU GET:**

1. 2-hour instruction by a registered dietitian that specializes in gastrointestinal conditions and the microbiome.
2. Food sensitivity testing- This is a blood draw that will test your blood for 95 of the most common food sensitivities. This is not a food allergy test. This is an important first step in identifying & resolving your underlying issues.
3. A phlebotomist will be on site to draw your blood.
4. A 2 hour one-on-one appointment with the dietitian. This will be scheduled 3-4 weeks after the workshop as the results take about 3 weeks. Your results will be reviewed at your appointment and the dietitian will create a plan for you to follow based on your labs, symptoms, diagnoses, etc.

**COST:**

\$495

*This class is held during most people's dinner time. Feel free to bring your dinner or snack and eat during the class.*

**To Register:** Please call JoAnne at 480-516-8088 or email her [joanne@smartnutritionbykg.com](mailto:joanne@smartnutritionbykg.com)

**\*\*If you plan to bring someone with you and they are not participating in this program, they must pay \$98 lecture fee. This must be paid before attending.**

The following diseases/symptoms are known to manifest in an unhealthy gut microbiome:

- Autoimmune: Hashimotos, Grave's, thyroiditis, rheumatoid arthritis, celiac disease, Crohn's
- Anxiety/depression/ ADHD
- Weight gain/obesity
- Food sensitivities
- Eczema, psoriasis, rosacea, cystic acne
- IBD-ulcerative colitis
- IBS
- Heart Disease
- Diabetes
- Hypothyroid
- Insulin resistance
- Colon cancer
- Asthma
- Chronic sinus infections
- Migraines
- Adrenal fatigue