



HEALTHY GUT HEALTHY YOU 28 DAY PROGRAMME

SPRING INTO FULL FORCE BY FOCUSING ON YOUR GUT HEALTH!

Join me, Laraba Friedman, Health Rejuvenation Coach, for a 28-day course to clean and repair your gut, improve your diet, your overall health and your outlook on life.

How will you benefit?

1. You will reset and repair your body by consuming fresh, whole foods while eliminating processed products from your diet, allowing you to figure out what clean eating feels like and identify foods that trigger any digestive discomforts.
2. You will be guided in healthy food choices with a custom-made list of recipes, introducing you to new foods and healthier ways to prepare some of your old favourites.
3. You will experience an increase in energy levels as unhelpful foods such as sugar, gluten, and dairy will be removed from your diet and slowly re-introduced to see if you react.
4. Sugar cravings will be reduced, your sleep will improve, as will your skin and mood.
5. A final added bonus will be the shrinking of your waistline!

Programme comprises:

- 4 x 90-minute group coaching sessions with weekly themes
- Food and smoothie sampling
- Simple and delicious recipes (that the whole family will like)
- Dedicated private Facebook page group and the opportunity to partner-up to keep ideas and motivation flowing; do this with a best friend or a new friend you meet at the weekly coaching sessions
- Extensive email support and information through articles, recipes, etc.
- Small group size – limited to 10

What people are saying:

"Laraba's program was easy to follow, she has lots of helpful tips and ideas to incorporate into your daily routines and the group was supportive and fun. I felt full of energy for the first time in years and lost some unwanted kilos as well. Amazing!" hm

"I feel that I have taken back the control of my body. You have instilled a new awareness of my body and the way it reacts to food. It's not an easy journey but it is way worth it." Xd

"Be in control and enjoy life, food, energy, cooking and so much more!" pb

Start date:

I will be running 2 courses, one in the day and one after work:

Daytime at 09:30: 2 May, 9 May, 16 May, 23 May

After work at 18:00: 4 May, 11 May, 18 May, 24 May

Cost and location:

400CHF per person. Weekly sessions will run in Bellevue (1293).

For more information or to sign up, contact Laraba on info@balancedhealing.ch or 078 839 42 29