



# Gut Buster - IBS 4 Week Program

\$80+BF FOR THE 4 WEEK PROGRAM

Join Aimee from Nourish and me for a 4 week group program, delving into the world of mind-gut therapy and its role in managing symptoms of Irritable Bowel Syndrome (IBS). 🌱 Learn techniques rooted in the connection between the mind and the gut that can offer relief and improve your quality of life.

In this program, we'll explore the science behind mind-gut therapies and their effectiveness in alleviating IBS symptoms such as bloating, abdominal pain, and discomfort. Led by myself and with input from Nourish's resident nutritionist, Aimee, you'll gain valuable insights into practical strategies and complementary approaches to support your gut health journey.

Whether you are looking for relief from chronic digestive issues or simply curious about the mind-body connection, this workshop offers a unique opportunity to learn and improve. Don't miss out on this program and take control of your gut health and well-being.

Secure your spot today and start on a path towards better digestive health! 🌱

[The Road Hypnotherapy & Health Services](#)