

# GUT HEALTH

Length: 1hr

Delivery modes: Onsite & Virtual Presentation; Pre-recorded tutorials.

Details: This presentation explores the relationship between the digestive health and the immune system, analyzing the various factors that affect gut health. Actionable tips are given, that can help to manage/support digestive health for a strong immune system.

Content includes:

- Gut Microbiome & The Immune System
- Stress & Anxiety - The Brain-Gut Connection
- IBS Prevention
- Nutrition - Foods to eat for a healthy gut
- Health Tips To Improve The Gut Microbes

Connect with WORKBLIS to discuss requirements - [hi@workblis.com](mailto:hi@workblis.com)

*This is a holistic wellbeing presentation, and is not intended to be taken as, or replace medical advice. For personal issues concerning health, participants are advised to conduct their personal research before making lifestyle changes, or seek the services of their chosen health professional.*