

## Sunshine Coast Gut Clinic – Gut Health Program

We love food for its goodness, taste and the pleasure it brings to us. Eating good food should make us feel good and assist us to make the most out of every day. With a busy lifestyle this can be hard to achieve, but hopefully, this is where we come in.

At the Sunshine Coast Gut Clinic we want to share cutting edge, evidence based information in a way that people can understand and most importantly – implement into their everyday routines. We will translate the scientific language into simple and hopefully achievable strategies.

Everyone is talking about gut health these days and although the research and evidence is still evolving, the connections seem clear. A healthy gut microbiota (the rainforest of organisms living within your gut) is connected with better mood, less problems with many health conditions as well as obesity.

The ‘Gut Health Program’ includes an initial consultation with a specialist gut dietitian. She will assess your current eating pattern, identify specific goals and dietary strategies for you and educate you on these strategies. She will teach you about the optimal diet for a healthy gut and put this into a personalised meal plan.

Your program also includes email support and a review consultation. At this appointment, your progress will be reviewed and additional strategies introduced, if required. The review appointment is your opportunity to share any difficulties you’ve had with the strategies, problem solve and finesse the plan.

The program also includes free attendance at a one hour ‘fermented foods’ workshop. These are held each month at the clinic, usually on a Saturday afternoon. The topics for these workshops included making fermented foods like sauerkraut and kombucha and kefir.

If you have ‘extras’ private health insurance, the consultations and group workshops may be claimable, depending on your cover.

Thank you for joining our program and we can’t wait to share your health journey with you.

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