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HEALTH & WELLNESS



Occupy Health: *What's Real and what is not* with **Susan Downs, MD**

Occupy Health
Friday at 11 AM Pacific
August 4th 2017: The Gut Makeover Diet

Most experts say that diet and gut health (the micro biome) are essential to health. How do we insure that our gut is healthy? Jeannette Hyde in her recent book, *The Gut Makeover*, lays out the easy steps to get the listener on the road to gut health. Jeannette discussed her book and shares the results of her research on diet and its connection to health.

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Featured Guest



Jeannette Hyde mBANT, CHNC

Jeannette Hyde is a London-based practicing Registered Nutritional Therapist (BSc mBANT, CNHC) who specialises in helping people improve digestive symptoms, skin, mood, memory and immune system, through her innovative gut diet approach.

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