



Gut Rehab Week @ BROOKDALE

BY REGISTERED DIETICIAN
TANYA MARCH MSC(DIET), BSC (DIET)

The gut harbours approximately one hundred trillion microbes which play a vital role in our health and wellness. Bacteria are the main species of microbes living in our gut and these have been shown to influence our mood, behaviour and weight. Poor dietary habits such as consuming refined food, high sugar consumption and processed junk are creating dysfunction in the gut. This dysfunction may lead to a leaky gut which has been shown to increase allergies, intolerances, inflammation and fatigue. Learning how to improve gut health is important to help bring balance back into the body's ecosystem and to start feeling more energized.

www.facebook.com/tanya.march.566

JANUARY / FEBRUARY 2019
6 NIGHTS: Sunday 27th January – Saturday 2nd February
APRIL 2019
6 NIGHTS: Sunday 7th – Saturday 13th April
JULY 2019
6 NIGHTS: Sunday 14th – Saturday 20th July
OCTOBER 2019
6 NIGHTS: Sunday 13th – Saturday 19th October

ADD R700 TO YOUR STAY

*and gain valuable knowledge into the importance of gut health and feel the benefits
(There will be three specialized gut health talks included)*

THE 5 R PROGRAM WHICH WE WILL BE COVERING IN THE WEEK

- 1. Remove the irritants** - wheat, gluten, sugar & dairy
- 2. Replace with healthy foods & digestive enzymes**
- 3. Re-inoculate what the body has lost** - probiotics
- 4. Repair & soothe gut lining** - L Glutamine
- 5. Rebalance** – follow Brookdale's lifestyle management programme

THESE SYMPTOMS WILL ALL BENEFIT FROM IMPROVED GUT HEALTH

- Constipation
- Diarrhoea
- Bloating / Flatulence
- IBS
- Sinusitis / Rhinitis
- Migraines / Headaches
- Eczema / Dermatitis
- Respiratory Condition
- Weakness / Fatigue
- Abdominal Pain
- Anxiety
- Depression
- Foggy Brain
- ADD / ADHD
- Bipolar
- Dyslexia
- Autism
- Night Tremors / Insomnia
- Concentration Problems
- Anger / Irritability



2019 RATES FROM R 11 400
per person sharing for the full 6 night stay

OUR PACKAGES INCLUDE:

- Accommodation in the scenic country
- All meals
- Morning & afternoon snacks
- A daily morning tea tray delivered to your room
- Organic herbal teas available all day
- Treatments specified for the package
- Informative talks on aspects of healthy living
- Daily guided morning walks
- Daily aquacise classes
- Guided relaxation classes
- Yoga | Pilates
- Make up demonstrations using LUMA & Clarins

UNLIMITED USE OF ALL FACILITIES:

indoor heated pool | jacuzzi | sauna | steam room
outdoor pool | labyrinth | studio | reflexology path | gym

TERMS AND CONDITIONS APPLY

DON'T MISS OUT ON THESE FANTASTIC OPPORTUNITIES

Call Misha or Sarah now to book your spot or book online on www.brookdale.co.za/online-booking



Brookdale
HEALTH HYDRO

Your Wellness Destination

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