



# *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](http://www.facebook.com/tanya.march.566)

## OCTOBER 2017

**6 NIGHTS:**

SUNDAY 08TH – SATURDAY 14TH OCTOBER 2017

## JANUARY 2018

**6 NIGHTS:**

SUNDAY 14TH – SATURDAY 20TH JANUARY 2018

**ADD R350 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





# ENJOY 25% OFF

**ALL ACCOMMODATION RATES FOR 2017  
IN CELEBRATION OF OUR 25TH BIRTHDAY YEAR**

as well as specials, giveaways, competitions and these fantastic getaways...

### 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 Clarins

### 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 Jamie now to book your spot or book online on [www.brookdale.co.za/online-booking](http://www.brookdale.co.za/online-booking)



# Brookdale

HEALTH HYDRO

*Your Wellness Destination*

Tel: 033 266 6208 Cell: 082 906 0842  
[info@brookdale.co.za](mailto:info@brookdale.co.za) [www.brookdale.co.za](http://www.brookdale.co.za)

