



Gut Rehab Week @ BROOKDALE

WITH REGISTERED DIETICIAN
KERRY-ANN DOLLOWAY, 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 consumption of refined food, high sugar consumption and processed junk are creating dysfunction in the gut. Along with this we must consider the environment and toxin burden which has an effect on the ability of the liver to detoxify adequately. This will affect the gut environment as well. 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, but also assisting the livers abilities to detoxify effectively, is important to help bring balance back into the body's ecosystem and to start feeling more energized.

[VIEW KERRY'S FACEBOOK PAGE](#)

MAY 2020

6 NIGHTS: Sunday 3rd - Saturday 9th May

AUGUST 2020

6 NIGHTS: Sunday 23rd - Saturday 29th August

DECEMBER 2020

6 NIGHTS: Sunday 6th - Saturday 12th December

ADD R800 TO YOUR STAY

*and gain valuable knowledge into the importance of gut health and feel the benefits
(Four specialized gut health talks and customised meals 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



2020 RATES FROM R 12 300
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 THIS FANTASTIC OPPORTUNITY

CALL MISHA OR AMY NOW TO BOOK YOUR SPOT



Brookdale
HEALTH HYDRO

Your Wellness Destination

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