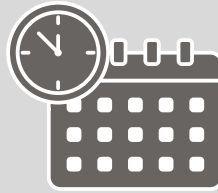


Natural & Digestive Health, LLC.

JULIE BRUNS
Coach & Speaker



50-Minute
Presentations



RENEW YOUR MIND. RESTORE YOUR BODY. REFRESH YOUR SOUL.

Julie has been captivating audiences for more than 30-years by bringing education alive with real life stories. Participants feel her passion for enhancing the human condition as she understands the human heart, soul, and body through her own health transformation and healing from trauma. Be prepared to laugh and cry as you learn how your body works and what you can do to bring your healthy back!

Good guts, good bones- what's the connection?

- Participants will be able to restate the relationship between healthy digestion and bone health.
- Overview of Functional Health and its relationship to restoring health.
- Fundamentals of digestion, minerals, food and lifestyle factors and good bone health.

Good Gut Flora- the Dirty Little Secrets!

- Understand the anatomy of the gut and digestive process.
- Learn the properties of a healthy gut, and the properties of a sick gut.
- Learn simple steps to maintain a healthy gut flora, aka microbiome.

HERE'S WHAT OTHERS ARE SAYING:

“I’M DEFINITELY GOING TO CHANGE SOME OF MY HABITS BASED ON THIS INFORMATION.”

“GAVE ME A NEW WAY OF LOOKING AT HEALTH!”

“GREAT INFO! GREAT SPEAKER!”

“INTERESTING TOPIC AND KNOWLEDGEABLE!”

“LOVE! MY FAVORITE PART OF THE DAY. I’M PASSIONATE ABOUT NUTRITION AND SHE KNOWS HER STUFF.”

WEEK I: DEFINE THE IMPACT OF DIGESTION ON THE HUMAN CONDITION.

WEEK II: FOLLOW THE PATH OF FOOD THROUGH THE BODY.

WEEK III: LEARN THE IMPACT OF TRAUMA ON THE BODY’S STRESS RESPONSE.

WEEK IV: LEARN EVERYDAY TIPS TO KEEP YOUR DIGESTIVE SYSTEM ON TRACK TOWARDS GOOD HEALTH.

Are you ready
to take action
and change?

BOOK JULIE TODAY!

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