

GUT HEALING - £120.00

GUT PHYSCOLOGY | PROBIOTICS | DIET

18 WEEKS PROGRAMME TAILORED AND COACHED ALL THE WAY?

WEEK-1, 2&3

1. Initial consultation for 60 minutes- Live chats through Skype or Face time.
2. Ravi's Welcome pack will be provided- Wealth of healthy tips and guidance
3. Complete nutritional Analysis-Assessment of nutritional need, by evaluating minerals and vitamin need and what food to eat or not?
4. Weekly email support- Correspondence through email
5. Customized Meal plan- Which will give you support to organize your meal as per the programme
6. Discuss the anatomy of gut and aware ourselves with the second brain- that is our Gut.
7. Emphasis on Gut Healing- very crucial!!!
8. Target the absorption and elimination of food in these weeks (Like wheat, dairy, lactose etc.)
9. Session Record sheet- record of all the action points discussed and works on how to achieve the targets.
10. Supplement Programme- Initial advice on Herbal and holistic supplements
11. Importance of Exercise and stress on our digestion.

WEEK 4, 5 & 6

1. Follow up of the Initial consultation and evaluate through Skype/Face Time- 40 minutes.
2. Assess the Record sheet from past 3 weeks and evaluate the progress.

3. Week 4, 5 & 6 customized meal plans will be provided.
4. Emphasis on Cleansing Plan and Colon Detox.
5. Talk about importance of essential minerals like zinc, selenium and magnesium etc.
6. Research study on Turmeric and Gut healing.
7. Weekly Email support.
8. Revised- New Supplement programme
9. Set new Targets and goals for Coming weeks.

WEEK 7, 8, 9 & 10 – FINAL WEEK

1. 2nd Follow up Consultation- Live Skype/Face Time- 40 minutes.
2. Evaluate the progress for the past 6 weeks and set goals and target for Future.
3. Talk about the stress and Gut connection.
4. Emphasis on Yeast imbalance and whole month is dedicated to Candida.
5. Discuss Fungus Hypothesis and provide reports.
6. Customized meal plans will be provided-
7. Weekly Email support.
8. Revised- New Candida Supplement programme
9. New Research and newsletter and recipes will be provided in the future- being a part of the whole package.

Looking forward to start the step-by-step guide of Ultimate Holistic journey with you- and sure with both of ours commitment and discipline we will get there!!!!- **START NOW....**