



Balancing Nutrition
Tu cuerpo en Equilibrio

THE GUT-BRAIN CONNECTION

Low energy, sadness, brain fog, belly fat, fatigue...these are all signs your body is giving you, saying that somewhere your hormones are in a mess—especially in perimenopause, when we can be overwhelmed by one, two, or more of these symptoms.

Often it's your gut shouting :)

The gut can send substances to the brain that cause neuroinflammation, which can lead to anxiety, insomnia, sadness, mental fatigue, brain fog, blurry vision, etc.

Women end up going to a therapist when often the root cause is not in their head, but in their gut!

So how do you know if you're dealing with a mental health issue affected by the gut?

Often, in addition to weight gain, you'll experience digestive problems such as bloating, constipation, diarrhoea, or other symptoms like frequent headaches, swelling, fluid retention, or joint pain.

Does this sound familiar?

Well, dear ladies, it's time to focus on your gut health and upgrade its nutrition!

YOUR BRAIN CAN'T THRIVE IF YOUR GUT IS INFLAMED!

Some steps we'll be taking include reducing inflammatory foods, ensuring your stomach acidity is optimal, feeding your gut lining with nutrients that will help it heal and be resilient, and determining if you need any supplements along the way.

A HEALTHY GUT = A CLEAR MIND

Send me a message if you need any help or want a free orientation session to see if my program fits you.

Wishing you a great weekend,

Hagar ❤️