

Digestive Health Class

Alyce Sorokie: Nutritionist, Colon Therapist, and author of Gut Wisdom: Understanding and Improving your Digestive Health

Need some Digestive Advice?

Do you suffer from gas, bloating, constipation, Irritable Bowel Syndrome, or indigestion?

Do you need assistance in alleviating these digestive and eliminative health challenges?

The Digestive Health Class includes dietary, physical and belly-mind advice, and guidance in attaining a healthy gut and body using Alyce's gentle but effective step-by-step process.

Learn:

- What foods are optimum for your system
- What supplements you need to assist your healing
- How to let go of emotional gut troublemakers
- How stress affects your gut's health and which tools break the stress cycle

Investment: \$75 (or \$65 if you register two weeks in advance)

Each participant will receive a FREE Health Assessment

Alyce M. Sorokie has been marinating in alternative health ever since she can remember. Raised in the 1950's by parents who were pioneers in the holistic field in Chicago, she continues studying and integrating alternative healing modalities. She resides in Chicago, expressing her dedication to health. She is the founder of Partners in Wellness, a holistic clinic specializing in colon therapy in Chicago's Lincoln Park neighborhood. Alyce has been a digestive consultant and C.T. for over 20 years and is the author of **GUT WISDOM: UNDERSTANDING AND IMPROVING YOUR DIGESTIVE HEALTH** (Career Press). As one of the area's foremost authorities on topics of gut digestion and the relationship of stress-to-gut health, she is the facilitator of Gut Wisdom™ workshops, classes and cleanses. She is also the creator of the Belly Buddy™, an aromatic, heatable pillow sold nationally. Featured in the Chicago Tribune and the New York Times, she is passionate about teaching people how to learn to listen to the gut's 'voice', empowering them to make choices that are more health minded.