



HAPPY GUTS
You are what you can digest

Eat food you *love* and can digest

New gut health science plus the ancient wisdom of ayurveda for a natural and personalised nutrition and lifestyle plan that will make your Guts Happy!
Find out what you can digest. It all starts with an assessment.

Heal your gut ... Start up your metabolism ... Boost your immunity
Correct hormone imbalance ... Soothe your skin ... Improve your mood

Our busy modern lifestyles - eating on the go, high stress levels, processed foods and depleted nutritional density of food (due to over-farming) - have left many of us confused, under-nourished and tired! Much of this can be **remedied with simple nutrition & lifestyle changes.**

With an increased focus on **preventative health** (particularly since Covid-19), many of us are seeking to gain more **knowledge** and take more **responsibility for our own health**. As we **transition through life** and the many stages and phases of life, we notice our bodies changing - as do the **needs of our bodies**.

During a **3-month (seasonal) program**, I guide you with simple, practical tools and - based on your assessment results - provide personalised recommendations. We check-in regularly and together, **with small steps and at a pace best for your life** - we learn more about what your body needs. As you tune in to your innate intelligence to heal, you better understand the mechanisms of your digestive system and the root cause of any nagging, recurring or chronic symptoms (dis-ease or an imbalance).

**“Without proper nutrition, medicine is of little use...
With proper nutrition, medicine is of little need.”**

- Ancient classical Ayurveda text

All without extreme dieting, short-term fads or needing to spend a fortune!

Step 1: Assessment ... Step 2: Personalised results ... Step 3: Ongoing guidance

I'm Tash and in 2021 I completed a 60-hour Ayurvedic Nutrition Course and my life has not been the same since. Being aware of what my body needs most, from day to day, across the seasons, through perimenopause, during a burn-out and many other major life transitions, is the most sustaining wisdom I've ever come across. Since then and - as a result of being on the front foot of my own gut health issues for many years, reading all the latest peer-reviewed research I could get my hands on - it has become my life mission to share this knowledge and 'cheerlead' others to benefit from it.

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