



# Wellness Wednesdays

Join Dr. Daryl Cooper with  
Hudson Spine and Wellness Institute,  
Osteoporosis Prevention Institute

**Wednesdays, 7:00-8:00pm**

1/11: 21 Day Detox  
1/25: Fibromyalgia  
2/8: Healthy Hormones  
2/22: Digestive Health  
3/7: Osteoporosis

**Cost: Free!**

Pre-registration is required

## **Digestive Health: What Is Your Gut Feeling?**

Learning as much as possible about the causes, effects and treatments for your digestive disorders is the first step toward living a healthy life. Constipation, Irritable Bowel Syndrome, Gastritis, Diverticulitis, Celiac Disease, and Crohn's Disease are examples of digestive issues related to diet and lifestyle.

This workshop will explore the latest scientific information regarding the newest testing for Gluten Sensitivity and villous atrophy (leaky gut syndrome) that may be present in most of these conditions. It will explain why the old testing standards may not be sensitive enough to indentify partial villous atrophy and gluten sensitivity. For those that have villous damage what is an appropriate digestive system repair protocol and when do we re-test to determine that the condition has been corrected. How can we accurately test for bad bacteria, parasites, H. Pylori, fungi, and yeasts? Do antacids really help or could they be doing more harm? Finally we will discuss the relationship between the gut immunology and brain function as well as other organs affected by digestive health, leaky gut syndrome, and gluten sensitivity.



To register, visit [www.InspiringActions.com](http://www.InspiringActions.com)  
or call 715.381.3148

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