



**Pamela Groulx**  
Certified Holistic Nutritional Consultant™

[gut2health.com](http://gut2health.com)

## CUSTOMIZED NUTRITION TO SUPPORT BRAIN HEALTH

**Gut2Health** is focused on sustainable health benefits through personalized nutrition plans. The key to unlocking your true health potential is by nourishing yourself from the inside out, starting with your gut.

We all know that physical and mental health are interconnected and deeply dependent on nutrient availability. For example, 80% of the neurotransmitter serotonin, the 'Happy Hormone', is produced in your intestines. The gut is the "gate keeper" that decides which nutrients your body will absorb from the food you eat. Sometimes even the healthiest food may not be fueling you if your gastrointestinal system is not functioning properly.

When you start a personalized, holistic wellness journey with Gut2Health, you are actively working towards improving your vitality. Let's work together to build a strategy that will help you achieve your goals whether they are:

- weight management
- improving mood and energy
- managing stress and anxiety
- reducing risk of disease
- fortifying your immune system
- speed the rate of recovery from illness/injury or surgery

I will guide you through nutritional information that can sometimes be confusing and contradictory. The tools you gain are meant to compliment any conventional medicine or alternative health protocol.

My services are tailored to meet your specific needs through a combination of in-person meetings, sample recipes, customized food choices and regular follow-up to answer your questions. Together we will explore how to feed your brain for improved cognitive performance.

Call me today for your complimentary 15-minute consultation and activate your wellness journey.

Sincerely,  
Pamela