

Full Course Breakdown



01

Basics of Digestion

Explore the inner workings of your digestive system, and identify which symptoms are linked to what organs. Walk away with a better understanding on how to support your overall digestion.

02

The Menstrual Cycle

Learn more about the different stages of your menstrual cycle, why you are experiencing different symptoms, and how to support your body and hormones throughout.

03

Live Q&A

Our first Q&A, where we will get to know one another and you can ask questions that have popped up during weeks 1 + 2.

Monday, 3 April @ 19:30

04

Signs of Gut Imbalance

Dive into the signs and symptoms behind gut imbalances, understand what is driving these imbalances and ways to strengthen gut health.

05

Hormonal Imbalance

Study the signs and symptoms behind hormonal imbalances, the factors that are driving imbalances and what more we can do to support our hormones.

06

Live Q&A

Another Q&A session, made available for group catchup and Q&A from the past two week's content.

Monday, 24 April @ 19:30

07

Lifestyle Impacts on Gut & Hormone Health

Learn how stress, exercise, alcohol, caffeine, relationships + many other lifestyle choices affect our gut + hormone health.

08

Environmental Factors on Gut & Hormone Health

Learn how food and environmental factors affect our gut + hormone health, including your fave makeup, fake tans + hair products.

09

Live Q&A

Another Q&A session where you we catch up and you can ask questions that have popped up during weeks 7 + 8.

Monday, 15 May @ 19:30

10

Individual Nutrients

Learn all about our fave supplements that help to support the body with stress, gut health and hormone detoxification.

11

Birth Control & Further Testing

Learn how to chose the right birth control for you + how it works within your body, further testing we recommend and when to consult your GP.

12

Final Q&A

Final Q&A session where we will answer your questions, conclude the course and suggest tips on how to implement long-term lifestyle changes.

Monday, 5 June @ 19:30

