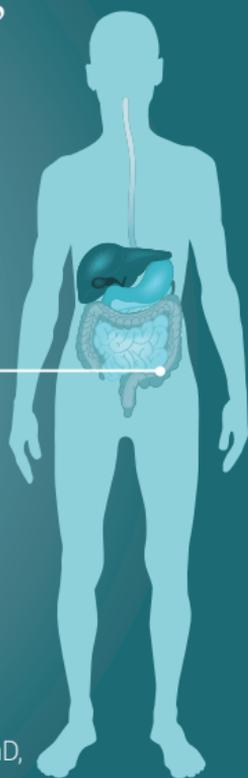
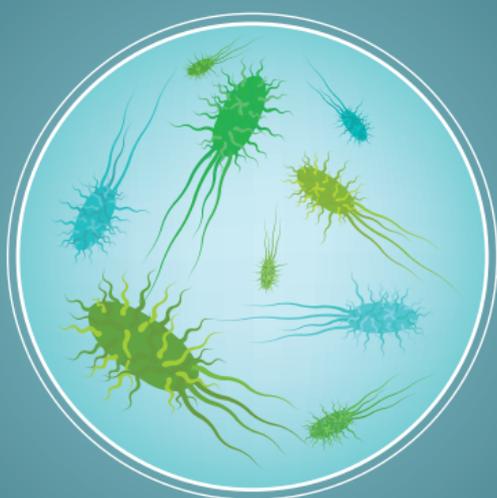


“Meet Your Microbiome”



Presented by Kathy Harris,
Naturopath

This course is based on the work of Dr Jason Hawrelak PhD, a research scientist, educator and clinician, as well as Kathy's own extensive clinical experience

2.30-5.30pm Sat 30th June & Sat 7th July

DO YOU WANT TO LEARN MORE ABOUT
YOUR UNIQUE GUT ECOSYSTEM AND LEARN
NEW TECHNIQUES TO MOULD IT TO BETTER
HARNESS ITS POWERFUL HEALTH BENEFITS?

- Are you curious as to how healthy your microbiome is?
- Do you want to discover new tools and techniques you can use to beneficially modify your microbiome?
- Do you want to meet newly discovered and important gut microbiota species and the roles they play in keeping you healthy?

Then, this course is for you. Numbers are strictly limited.
6 Hours of personalised and practical information
\$220 (incl. GST)



WHOLISTIC MEDICAL CENTRE

Level 1, 17 Randle St, Surry Hills 2010

Ph 9211 3811

www.wholisticmedicalcentre.com.au

WHAT TO DO NEXT

- 1 Purchase uBiome kit from WMC \$120.
Post at least 6 weeks before course begins.
- 2 Register by phoning WMC reception 9211 3811 where you may either pay in full or leave a deposit of \$70. Best to register asap to secure your place.
- 3 Pay in full before 23rd May. You will then be sent instructions on what to bring to the course.



After completion of this course, you will:

- Know “the good, the bad, and the ugly” bacteria members of your microbiota
- Be able to implement supplemental and dietary approaches to:
 - increase your ecosystem diversity
 - re-establish healthy populations of some of your major gut bacterial species, such as *Bacteroides*, *Bifidobacterium* and *Faecalibacterium* spp.
- Understand what foods to eat to nourish specific microbe populations
- Know what to avoid eating, or limit in your diet, to suppress certain less desirable bacterial populations
- Become better able to evaluate media reports, television shows such as *Catalyst* and probiotic advertising.

PLEASE NOTE Neither Kathy Harris nor WMC have any affiliation or financial connection with uBiome.