

# REBOOT+YOUR GUT

WITH LINDA BATES, MASTER HERBALIST + NUTRITIONIST



Is your day dominated by the behaviour of your belly? Is your life regularly distressed or overwhelmed by what goes on in your gut?

The research is in – what goes on in your gut affects your whole being; your thinking, how you fight infection, how you sleep, whether you develop inflammatory painful conditions or auto-immune problems and if you suffer depression and anxiety. The list is endless.

You've tried lots of things. They all work for someone. But not for you. Now you're confused and still suffering.

I'm a traditional herbalist. Herbs are the first medicine. They have been repairing and restoring normal body tissue and function for 3,000 years. We use them today for the same problems the Celts and the Ancient Greeks used them for in 1500 B.C. It's the longest clinical trial ever.

Herbs have special ingredients in them that are medicinally active and are not found in ordinary foods. These are the ingredients that restore the body.

I've been helping people REPAIR their gut, RESTORE their digestion and REBUILD their health for 35 years. Come for a day and let me help you understand what's happening and why. And teach you how to use 12 common medicine herbs mixed into your food, and your daily life, to support yourself.

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Sunday March 1st 2020

10a.m. – 4.30p.m.

Australian Jow Ga Kung Fu Academy,

Level 4/16–28 Foster Street, Surry Hills, Sydney.

Cost: \$130 a.m. and p.m. tea provided.

**For information and bookings:** 0431 867 220 [linda@rebootplus.co](mailto:linda@rebootplus.co)

[www.lindabatesherbalmedicine.com](http://www.lindabatesherbalmedicine.com)



**REPAIR – RESTORE – REBUILD – and change your life.**