



# Five amazing facts you may not know about your gut.

Bloating | Constipation | Tiredness

**Getting the most out of every day, naturally**

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Marnie Downer

NATUROPATH

# You are not alone!



Did you know there are more than one thirty trillion microbes living in and on you?

**Getting your gut health right is the key to having a good day, every day.**

Did you know you are made up of approximately 30 trillion human cells? Pretty amazing, hey?

What's even more amazing is there are some 37 trillion microbes (living organisms too small to be seen by the naked eye) living in and on you!

So you're carrying around ~1.3 kilograms of microbes, making your microbiome one of the largest organs of your body – roughly the weight of your brain!

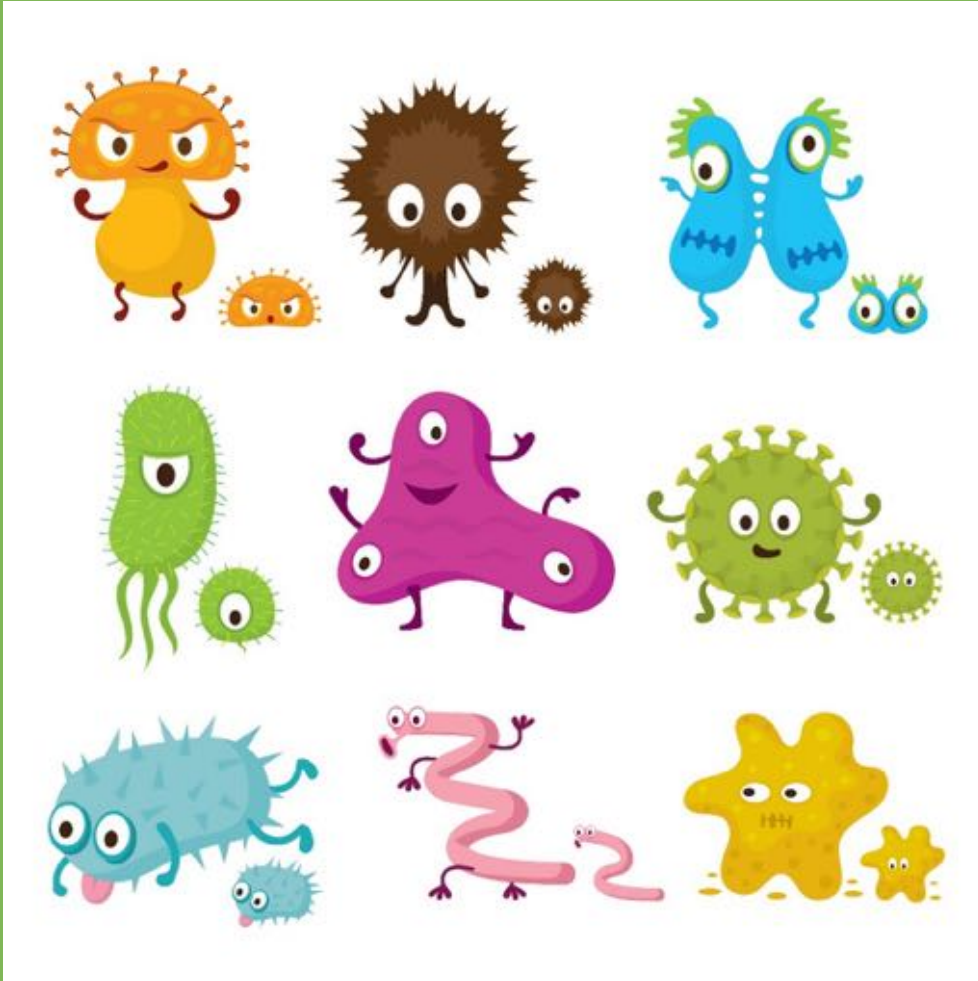
**How does this impact you?**

Are your bugs rowdy gatecrashers running amok in your body? Or calm and welcome guests who clean up after themselves?



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# Is it party time?



We can't change our genes, but we can get to know our bugs.

## Is there a party in your gut? Are you invited?

There are approximately 20,000 genes in the human body. Impressive? Not so much, when you consider there are as many as 2 – 20 million microbial genes. Whichever way we look at it, we're vastly outnumbered by our microbial friends.

We can't change our genes, but we can start to work with our microbiome, to make it a better place to hang out.

## How does this impact you?

Do you get weird cravings for certain foods (particularly carbs)? Maybe it's not you, but your bugs, dictating what you put in your mouth each day. Food for thought indeed!



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# You are unique...



Your bugs are even more unique than your DNA.

## You are unique, sort of...

Genetically, your DNA is 99.9% the same as the person sitting next to you, however, that's not true of your gut microbes: you might only share 10% similarity with those around you.

### How does this impact you?

Your microbiome is unique. The bugs you start out with are the ones you'll have to make friends with – your constant companions in life. Are you going to be best mates or frenemies?

Things our bugs don't love:

- Antibiotics and other medications
- Some food choices
- Stress
- Alcohol
- Infections



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# Trust your gut



Want to improve your mental wellbeing?  
Focus on your gut first.

**An estimated 45% of Australians will experience a mental health condition in their life.**

Scientists have found that anxiety and depression could be linked to the presence of bacteria in the intestines.

And...95% of serotonin (that “feel good” neurotransmitter) can be found in the gut. So that ‘gut feeling’ you have? It’s probably right.

## **How does this impact you?**

If you are lacking certain beneficial bacteria (such as lactobacillus and bifidobacterium) you may be more prone to anxiety.

Get in touch if you’re feeling down. We’re here to help.



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# The gut rules



Want a stronger immune system? Your gut holds the key.

## **Making peace with your bugs**

Did you know 70 to 80% of your immune system is in your gut? On any given day, your gut immunity will do more work than the rest of your immune system in your entire life! Blimey!

Not only that, scientists can now predict obesity with 90% accuracy just by examining your gut bacteria.

## **How does this impact you?**

The ancient Greek physician Hippocrates, considered the Father of Modern Medicine, once said:

**“All disease begins in the gut.”**

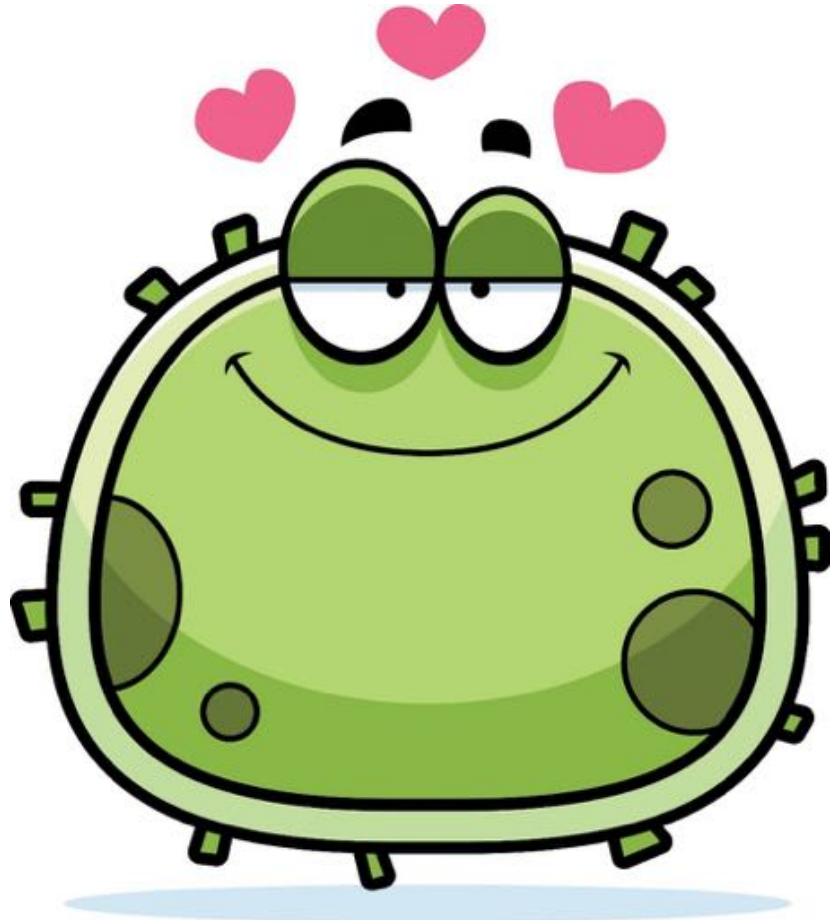
So we’ve known about this for a pretty long time!

Is it time to get to know your gut?



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# Ready to Love Your Guts?



Are you ready to make peace with your guts? Would you like to have:

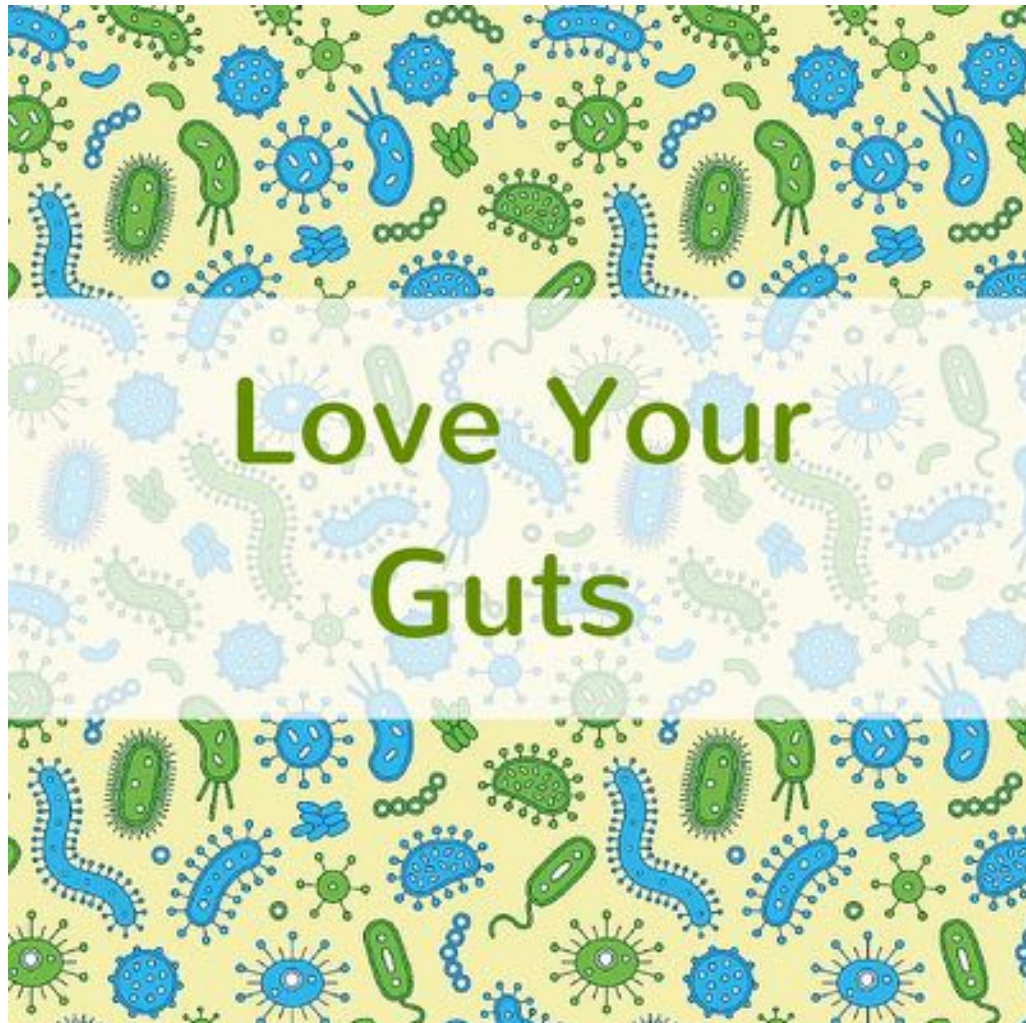
- Less bloating?
- Better poos?
- Less mood swings?
- A smaller waist?
- Less colds?
- Glowing skin?
- More energy?

Perhaps it's time to love your guts.



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# About the 'Love Your Guts' Program



## What is the 'Love Your Guts' program?

A 6-week program designed to help you make peace with your body and strengthen your gut health.

This program will:

- Empower you to renew your health and vitality.
- Identify which foods make you feel great (and those that make you feel 'bleh').
- Inspire you to make simple, achievable, lasting changes.
- Boost your energy and mental clarity (no more dragging yourself out of bed each day).



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# What's included in the program?



## What does the program include?

Four one-to-one consultations with a highly skilled naturopath, as follows:

- A comprehensive initial consultation – including body composition testing and live blood analysis.
- 2 x check-in sessions, which include body composition testing to chart your progress.
- A 'Where to from here?' session at the conclusion. Celebrate your success and receive guidance for maintaining your renewed health.

All your supplementation for the entire program and useful information to help you on your journey, such as a guidebook and recipes (see the next page).



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# Bonuses for 'Love Your Guts' program



## **Bonuses included in the program:**

- A guidebook for the the 6-weeks.
- Allowable food list (don't worry you won't be a social outcast through the program!)
- 14 day meal planner and recipes (the master work of deliciousness and easy to prepare meals).
- Food diary to plot your progress.
- Weekly newsletters.
- Email support throughout.

Note: Private health rebates usually apply. Please check with your health fund.



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# Testimonials

*“I first saw Marnie about four months after returning from an overseas trip where I caught a nasty stomach bug and needed to take strong antibiotics, which made a mess of my digestive system (I'd also had stomach issues in the past).*

*I worked with Marnie to address the issues at hand and put in place a maintenance regime. Three years later my stomach and I are still the best of friends.”*

**Anita B**

*“When my friend recommended you, I was a little skeptical about seeing a naturopath.*

*I was having stomach pains for over a year and after tests and an endoscopy, my doctor could not give me an answer on what was causing the pain.*

*Within two months of a prescribed diet and natural supplements, my stomach was free of pain and my overall health had improved. I recently saw my doctor for my annual health check and my cholesterol had dropped from 5.8 to 4.5 and my blood pressure was at a very healthy level!*

*Thank you for your patience and understanding the cause of my problem. I not only came away pain free but also feel a younger man!”*

**Gary**



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# Let's get started



## We'd love to hear from you

If you know you're not feeling your best and want to move forward, this program will support you to make small step-by-step changes, which can make a big difference

The Love Your Guts Program is valued at over \$1,000, however, when booked as a package your investment is just \$799.

This can be paid in two installments. Please ask about payment plan options when we speak.

**Call (08) 6142 2086** to book or email me at [marnie@marniedowner.com.au](mailto:marnie@marniedowner.com.au)

