3 REASONS WHY YOUR GUT NEEDS A RESET

WELLNESS
@ WILSTON



I know how you feel...



Are you often troubled by bloating, struggling with food intolerances, or constantly battling constipation?

Your gut health might be crying out for a reset! At Wellness @ Wilston, we understand that the path to overall health starts with a healthy digestive system. (I was struggling for 8.5 years before I found colonics and got to the root cause and finally reset my gut).





Here are the most compelling reasons why resetting your gut could be the key to resolving not just your digestive issues but also related symptoms like IBS, loose bowel movements, frequent headaches, migraines, heartburn, reflux, sleep disturbances, and even that annoying itchy bum.

QUESTIONS?

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Enhance Nutrient Absorption

Resetting your gut helps improve the lining of your intestines, enhancing your body's ability to absorb nutrients effectively, which can alleviate symptoms and boost your overall health.

What has been reported after taking our clients through this gut reset for the last 5 years in clinic.
Clients are feeling more energetic and less fatigued once their bodies can properly uptake the nutrients from their food.





Eliminate Toxins

A gut reset helps clear out toxins that can build up due to poor diet, lifestyle choices, and environmental factors, reducing inflammation and promoting a healthier digestive process.

This detoxification can lead to clearer skin, fewer headaches, and a reduction in allergic reactions.

People often describe feeling lighter and more clear-headed, with a noticeable decrease in chronic symptoms.

Restore Gut Flora Balance

Rebalancing the flora in your gut can significantly improve your digestive health, enhance your immune system, and even improve your mood and energy levels.

After a gut reset, our clients often experience improved mood and reduced anxiety due to the gut-brain connection.

A balanced gut flora also supports a stronger immune response and lessens digestive discomfort.



How to Do a Gut Reset with Wellness @ Wilston:

Embarking on your gut health journey with us involves a clear, structured approach designed to maximise the reset's effectiveness and your comfort:

Step One: Colonics

Begin your gut reset with a series of four colonics spread over two weeks.
This intensive cleansing phase helps remove built-up waste and toxins from your colon, setting the stage for enhanced digestion and absorption. This clears the elimination pathway, preparing your body for step two.

Our gentle and safe colon hydrotherapy sessions are performed by experienced professionals who ensure your comfort and privacy throughout the process with our state of the art machines.

If you can't get in to see us in clinic, I've created a unique formula within the Internal Shred Challenge that works like a colonic in a bottle. Of course, the series of four colonics is best, but this is a great option if you can't get in for the real thing.

Step Two: Internal Shred

After cleansing your colon, the next phase is our Internal Shred Challenge program.

I created this comprehensive program to clean out bad bacteria in the small intestines, rebalance your gut flora, and support overall digestive health.

The challenge includes:

- Guidelines to reduce inflammation and support gut healing in a comprehensive 60+ page book.
- Unique, powerful supplements that aid in detoxification and rebalancing gut bacteria.
- Ongoing support and guidance from our team to ensure you achieve the best results.

I created Internal Shred to support our in-clinic clients achieve the best results possible and finally feel well once and for all.
Now it is a rigorous program that can be done by anyone, anywhere, regardless of whether they see us in clinic.

Why Choose Us?

At Wellness @ Wilston, we believe in a holistic approach to health. We're not just about cleansing your gut; it's about creating a foundation for long-term health and well-being.

With our expert team and supportive community, you're not just resetting your gut; you're joining a community of people who get you. So you can finally say goodbye to dismissive doctors and feel empowered to take control of your health.





NEED MORE INSIGHT & SUPPORT?

Discover how a targeted gut reset can transform your health and wellbeing.

Dive deeper into each of these points with us at Wellness @ Wilston, where we are committed to guiding you through your journey to feeling the best you have in years.



With love, Miss Anna