

# Healthy Weight, Healthy Gut

Improve the symptoms of Gastric Reflux and Lose Weight

## Nutrition Matters

Extra weight worsens gastric reflux. How you eat can also impact bloating, gas, constipation and gut health in general. This class will support you in making healthy changes to your diet that will help you feel better and help you reach and maintain a healthy weight.



## Class outline:

1. Getting started: Basics of weight loss and Gastric Reflux
2. Tuning in: mindful eating, paying attention to hunger, and fullness
3. Create a plan: meal timing and portions
4. Planning Ahead: having a game plan for meals and snacks
5. Stress and Emotional Eating
6. Strategies: eating out, parties, holidays and travel

*Each class will include discussion, goal setting and helpful techniques like breath, eating slowly and visualizations.*

Learn the secret of truly enjoying food that is fresh, whole and nourishing.



## 6 Sessions in 12 weeks

February 2, 16; March 2, 16, 30, April 6, 2010  
4:00—5:30 pm

Classes meet every other week

## To Register:

Call Kathy at 707 431-7524 or email at [kathy@HealthyHabitsCoach.com](mailto:kathy@HealthyHabitsCoach.com)

Cost: \$120 for the series (may pay in installments with a credit card)

Location: Digestive Health Consultants Office at 1210 Sonoma Ave, Santa Rosa

## Digestive Health Consultants

707 544-5093

Doctors Faust,  
Lustberg, Kohli, Auld  
and Hornberger.



**Instructor Kathy Nichols** is a registered dietitian and a certified life coach. Kathy provides nutrition coaching and consulting for people who want to create a sustainable lifestyle for good health. Her background includes 30 years as a dietitian and a long time practice of meditation and mindfulness. [www.HealthyHabitsCoach.com](http://www.HealthyHabitsCoach.com)

