

Happy Gut Happy You

RETREAT



*Stress, sleepless nights and chronic ailments:
Join us for a gut makeover*



*Retrain
your
second
brain*

Transformation



Our gut is a complex organ harbouring trillions of bacteria, various viruses, yeasts and fungi, collectively known as the microbiome, that interact with our immune system and harvest vitamins and essential enzymes from our diet. The fragile equilibrium of the microbiome influences the rest of our bodies to such an extent that the gut has been nicknamed “the second brain”; producing approximately 80 percent of serotonin, a neurotransmitter that affects our mood, sleep, appetite, memory and even libido. Imbalances can lead to inflammation, which manifests in debilitating autoimmune conditions, allergies and intolerances - and that’s before we touch on emotional health. Suffice to say that if you suffer from excess tiredness, lethargy, anxiety, stress or ongoing health complaints, it’s high time to harness the far-reaching gains of a naturally inspired gut makeover where your bowel is the boss.

Own your Health

In our fast-paced world, we're often susceptible to stress; but are low energy days and sleepless nights becoming the norm rather than the exception? More than 70 million people in the USA alone suffer from a gastrointestinal condition and scientists are increasingly recognising the association between anxiety, chronic illnesses and the microbiome. Here at Life Butler, we've designed a Gut Makeover Retreat to thoroughly reboot your digestive system, with our signature personal approach delivering benefits that extend beyond the bowel.





Recent research highlights the link between vitamin D deficiencies and conditions such as irritable bowel syndrome, so responsibly nourishing your body with sunshine is a sublime way to start your gut makeover. Life Butler's Gut Makeover Retreat unfolds in the heart of Puglia, immersed among the ancient olive groves of the Itria valley and only steps away from the crystal blue Adriatic sea of Savelletri. Here you can kick back, switch off and give your gut the care it needs under the expert eye of our butlers.







Whether you're keen to address a longstanding ailment or reboot your system, join us on Life Butler's upcoming Gut Makeover Retreat to take back control of your health.



Movement & Nutrition



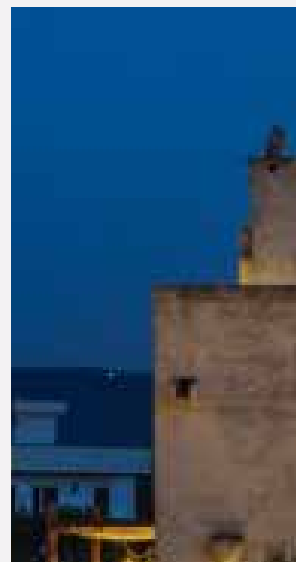
Over the course of seven carefully curated days, our wellness experts will be tackling gut health from every angle, aiming to retrain your “second brain” with unlimited personalised advice to influence your daily practices long after the end of the retreat. We’ll blend delicious menus with eye-opening talks, invigorating massages and exercise sessions to cultivate your in-depth understanding of the symbiotic relationship between diet, movement, psychological wellbeing and a happy digestive system. Over the seven days you will receive:

- One-to-one gut health guidance tailored to your needs.
- Educational talks to enrich your knowledge of nutrition, and the role the microbiome plays in your health.
- Daily movement classes designed to energise your body.
- Guided meditation and mindfulness for relaxation and wellbeing.
- Two sessions of Energetic Release bodywork massage.
- Cooking workshops and fermentation masterclass designed to nourish the gut.
- Excursions and time to absorb our enchanting environment.
- A dedicated private chef.
- Menus designed according to the Slow Food Movement philosophy for your gut health.
- As a takeaway you will receive recipes and plans to practice what you have learned over the week to continue caring for your healthy microbiome.



Shruti

Creator and host of the Gut Makeover Retreat, Shruti has decades of experience in the holistic and well-being retreat world. Nutrition, mindfulness and meditation are passions she will share with you. Shruti also leads your mindfulness, meditation and Somatic movement sessions.



Dr. Sally

Dr. Sally our naturopathic medicine specialist and nutritionist will call upon her years of clinical experience to tailor your health guidance. Dr. Sally's herbalism adds another dimension to her tailored naturopathic advice.



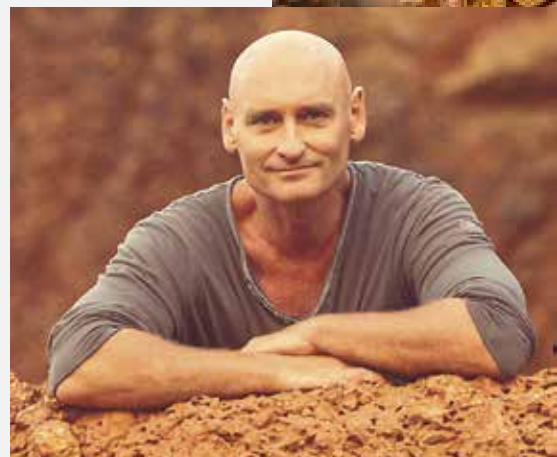
Luis

Executive chef Luis has worked for some of the world's top restaurants including The Ivy, Nobu and Conran Hotels. He has created mouthwatering, nutritional, therapeutic menus for Royalty and will be doing just that for your Gut Makeover Retreat.



Steve

Body therapy guru Steve has blended diverse cultural techniques to form both his movement classes, and his 'Energetic Release' massage method. He treats chronic tension and injury with a slow, healing deep tissue manipulation that simultaneously promotes relaxation and optimal function.





connect · educate · enrich · transform



connect@lifebutlerinternational.com
www.lifebutlerinternational.com