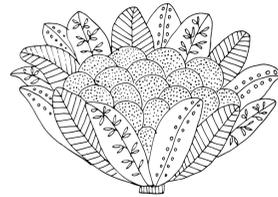


# THE GUT LIFE CORPORATE PACKAGES

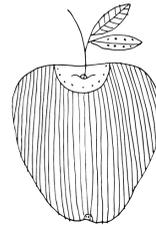


·THE GUT LIFE·  
REALISTIC NUTRITION

In a world where diet is now killing more of us than smoking, nutrition and lifestyle has never been more important. At The Gut Life, I have a nutrition-centred approach to wellbeing as I believe we can fight disease and improve vitality by making educated dietary choices to optimise our health.

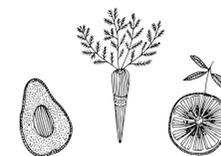


Stress is also a huge issue in modern society and now with GPs estimating that over 80% of the cases they see in clinic are due to an underlying cause of stress, this topic has never been more important. Stress management through diet and lifestyle is something I cover because I believe so passionately about the underlying digestive issues stressful lifestyles can contribute to and by managing stress, we can manage a lot of our gut health problems.



I have 13 years and counting of working in the financial sector in the City of London in the Fixed Income markets so I understand the pressures and expectations of a 'City Lifestyle'. I have witnessed many colleagues and acquaintances suffering with fatigue, insomnia, high blood pressure, depression, often not connecting these problems with their diet and lifestyle. I can help people like them make realistic changes to their daily routines to improve their energy levels, sleep quality and mental wellbeing.

# WHAT I OFFER



.THE GUT LIFE.  
REALISTIC NUTRITION

I offer a range of **1 hour talks with Q&A** which include, but are not limited to:

- Stress, Mental Health and Fatigue (most popular)
- Men's Health and Women's Health
- Digestive Health
- Weight Loss

If you have a particular topic in mind not listed, please get in touch

**Optional Extra:** I can put on tasting tables to enable employees to try new foods they may not have heard of or are unsure of (for example, this may include tables with kefir, kombucha and dairy free chocolates to try).

**Private 1 to 1 20 minute sessions.** Minimum of 3 hours

## PRICING

Prices start at £275 - please get in touch for a bespoke quote depending on your requirements.

## CONTACT

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# TESTIMONIALS & COMMENTS



.THE GUT LIFE.  
REALISTIC NUTRITION

Jane recently held two sessions with the Eight Roads team; one in person and then a full hour for virtual Q&A. Both sessions were really interactive, everyone in the room was really engaged and we received great feedback afterwards. Both from a corporate and personal perspective, the sessions have been really rewarding.

Found it really interesting and engaging and has got the office talking about it!

Thanks for a thought-provoking session this morning - it thoroughly inspired me to get a proper handle on the digestive issues that I deal with

Thanks so much for your presentation today, really interesting stuff!

I thought the talk was really informative and although I consider myself to be relatively knowledgeable about healthy living, and what foods to eat/avoid (having spent most of my adult life on some kind of diet), I found you covered quite a lot of stuff that was new to me, and I learnt a lot.

Fascinating topic that people need to stop and think about. It showed that small changes to diet and sleeping patterns can have a big influence on well-being. I think people underestimate that body health/fitness leads to mental happiness so this was 'food' for thought