

Phil Cohen

6-Week Gut Restore Program

Exclusively at Naturkur Wellness, a holistic approach to pain-free digestion!

Imagine being able to eat out without constantly worrying about finding a restroom, having the confidence to travel without fear of an embarrassing accident, all due to the invisible diseases of the gut including IBS, Ulcerative Colitis, and Crohn's disease.

Program includes:

- Acupuncture Package including
 - Initial consultation and treatment (1 hour)
 - 6 follow-ups (45 minutes each)
 - Re-evaluation to check progress
- Home Self-Care including
 - Instructions to make your own meditation aids (mala beads or labyrinths) for stress reduction
 - Acupressure point prescriptions to treat symptoms between acupuncture sessions
- Online Digital Health Guidance System, which includes
 - Daily meditations/qigong exercises
 - Basic dietary guidelines and recipes
 - Daily Journal for symptom or food tracking
 - Private messaging with a health coach for general support
 - Daily emails to keep you on track



info@naturkurwellness.com 206-762-4823