**Next Meeting: Tuesday February 4, 2025 7:00 p.m. (AZ time)**

**Live and Zoom Meeting**

**11120 North Tatum Boulevard**

**Phoenix, AZ 85028**

**Lofy Group Building G**

**This is at Lew Heller's office conference room**

**If you get lost call Lew 602-502-4000**

**You will receive another email reminder and a Zoom invite a few days before the meeting and on the day of the meeting.**

**We are excited to welcome Michele Root as our guest speaker for February.  You have probably heard that our gut is as powerful as our brain with some research showing that the electrical field of the gut is actually greater than that of our brain.  Please join us and Michele as she shares information on the gut-brain connection.  See below for the topic as well as learn more about Michele.**

**IMPACT ON GUT-BRAIN CONNECTION**

Hippocrates, the Father of Medicine said, “All disease begins in the gut”. All body systems are connected to our gut, mainly through the vagus nerve. Regardless of your client’s health concern(s)–depression, anxiety, Alzheimer’s, Parkinson’s, belly fat, diabetes, etc–it’s important, to begin with, the health of the digestive system (aka, the gut). We’ll cover specific ways to improve the communication between the gut (our second brain) and the central brain so that transformation can take place.  
Digestive myths will be dispelled, and a comprehensive, relatable overview of the digestive system will be provided. Attendees will leave with accurate information so they are confidently prepared to help their clients take important steps toward gut health utilizing hypnosis.  
Your clients can effectively achieve their health goals by first focusing on Gut Health–it ALL Begins in the Gut!

**Michele Roo**t is a Certified Clinical Hypnotherapist, Functional Nutrition &

Lifestyle Coach, Board Certified Holistic Health Coach, and Certified Ear Seed

Practitioner specializing in enhancing health with the optimization of digestive

strength through nutrition, mindset, reflexology and lifestyle modifications. She is

a graduate of the Transformational Psychology Associates Degree program and

a faculty member of Southwest Institute of Healing Arts. Michele resides in Mesa,

Arizona.