

# GAPS

Individual and group consultations are now available for those looking to “heal and seal” their digestive systems and overcome diagnoses of ill health. In addition, a new support group has been started in the Muskegon, Michigan area. [Why GAPS?](#)

## **GAPS ON THE LAKESHORE SUPPORT GROUP**

When: 2<sup>nd</sup> and 4<sup>th</sup> Wednesdays of the month.

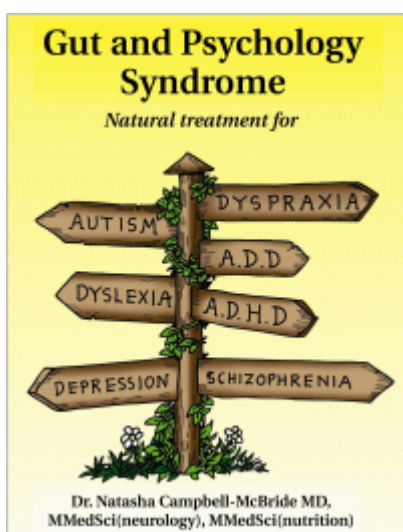
Where: Unity of Muskegon, 2052 Bourdon St, Muskegon, 49441

Time: 7:00 p.m. to 8:30 p.m.

Cost: \$15 per session

Learn to “heal and seal” your digestive system. Those who have done GAPS have healed from psychological issues as well as physiological problems like IBS, Crohns, colitis, eczema, arthritis, fibromyalgia, candida, food allergies and more.

Further details at 231 288 7221.



From Dr. Natasha’s book: She believes that the link between physical and mental health, the food and drink that we take, and the condition of our digestive system is absolute.