



Gut Health Lunch & Learn

*with Dr. Shah,
Mandala Integrative Medicine*

Dr. Shah utilizes integrative medicine to determine solutions to the cause of various illnesses and the nutritional and biochemical imbalances that may be making you feel ill.

The gut actually tells us more about your health than you are probably aware of. The following are all indicators of gut imbalance:

- Bloating
- Fatigue
- Food Intolerances
- Hormone Imbalances
- Inflammation
- Brain Imbalances
- Allergies
- Acne



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*Thursday, March 23, 11:30 AM – 12:30 PM
Gilda's Club Quad Cities
1234 East River Drive, Davenport, IA
Lunch provided. Registration is required.*



For more details and to register, please call Gilda's Club at 563-326-7504 or email gc@gildasclubqc.org.