



Certified Life Health Coach Teaches How To Care For The Gut

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Dawn Patrick-Wout is proud to have launched one of her signature teaching methods at the grand reopening of a health center. As founder and owner of Design a Healthy Lifestyle, an organization in College Park, MD, Dawn has developed a teaching method that is focused on recognizing and caring for the health of the gut in particular. Her attendance at the event was greatly appreciated and welcomed.

Dawn uses an analogy of tending to a garden to yield bountiful goodness when she discusses gut health. This was a very welcoming analogy that made the entire situation easier to understand. She explains that people use both good and bad fertilizers, and that these have long-lasting consequences. Her audience was not left without hope, as she shared seven items that will help to bring health and healing to the 'gut garden'. She explained that the secret is the collection of microbes and microorganisms found in the gut, and how the good ones can be multiplied and the bad ones can be starved.

Dawn's easy-to-understand teaching on probiotics and prebiotics as weapons against the overgrowth of bad gut bacteria, brought hope to the listeners and filled the conference room with laughter. Those who attended the event had tremendous responses. Laura Worf, manager of the LivingWell Health Center, had this to

share: "We were thrilled at the response from our customers and community at our recent Grand Re-opening event. It was a pleasure to show everyone our recently remodeled store and introduce them to all the new, exciting products we are now carrying here at LivingWell that will help all of us become healthy. A part of the success of the event was due to the popularity of the seminar Dawn Patrick-Wout presented - 'Your Gut is Speaking... Are you Listening?' We look forward to offering more seminars by Dawn in the near future."

Dawn concluded the workshop with her signature recitation: "Your heart always yearns for that warm place, to sit and rest a while. That place that nurtures and nourishes your soul. That place that quietly waits for you to come home to... Your 'bodyhome' yearns for the same. Consciously welcome it home."

Dawn also announced that she will soon deliver another workshop in relation to sugar. More details are available at the Design a Healthy Lifestyle website.

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Design a Healthy Lifestyle

A certified life coach that lead individuals and group through life transforming changes to place them on a sustaining vibrant journey

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