



Heath Coach Launches Healthy Happy Gut 90 Day Intensive Program

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Christy Jones Health Coach, operating out of Glendora, CA, has announced the launching of the 'Healthy Happy Gut 90 Day Intensive Program'. The program has been designed for people who are tired of dealing with digestive issues and want to regain their health immediately or people who want to learn how to build a healthy gut and prevent digestive issues in the future. Christy Jones has already attracted a lot of interest in the program. She stressed that the key to building a healthy body is to first build a healthy gut. Many of our health issues if not all start in the gut. To truly be healthy this is the place to start.

The program includes 12 one hour weekly sessions, where there are lots of resources on what causes digestive upset and having the kind of health that people want. Also included are delicious and easy recipes, a new perspective on what and how to eat that will bring joy and satisfaction to meals, targeted healing movements and exercises to help reduce stress, increase gut and brain health, and provide a greater sense of well-being and happiness.

Christy Jones is a certified health coach and nutritionist. She obtained her credentials from the Health Coach Institute, which is respected the world over. In fact, it is known as the world's most effective health coach

school. They also offer continuous education credits, which health coaches must take part in if they are to maintain their credentials.

Those who have worked with the Los Angeles health coach in the past have been very impressed with how their lives have been transformed for the better, and they are looking forward to her new program. Clients praise her for her passion, knowledge, and commitment towards improving their health. She offers real help and honest feedback, becoming a partner with everyone she works with, supporting them in their efforts to reach their health goals.

Christy Jones, as a health coach, focuses on:

- ? Foods and recipes that will help build a healthy digestive system
- ? Unique healing exercises for the body to reduce stress and increase mental focus
- ? Targeted coaching to help each person reach their health goals and live their lives feeling healthy and energized

She encourages everyone to visit her website to get more information about the new program and to sign up so that they can take the first step towards a healthy gut and healthy brain.

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For more information about Christy Jones Health Coach, contact the company here: Christy Jones Health Coach
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Christy Jones Health Coach

Christy Jones is a health coach that Works Men and women in their 30's and 40's who want to double their energy, reduce stress and feel comfortable in their own bodies!

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