



# Trust Your Gut

If you suffer from any of these issues, our Trust Your Gut (TYG) program could be your answer:

- Hormonal imbalances
- Thyroid problems
- Digestive issues
- Chronic fatigue (low energy)
- Blood sugar challenges
- Stubborn belly fat
- Brain fog
- Elevated cholesterol

Physicians typically have just a few minutes of a patient's office visit for lifestyle guidance, if they provide it at all. Dr. Brewer spends 60 minutes with you on your very first visit and up to 30 on all subsequent visits. This personal attention and compassion -- knowing what his patients want and need -- combined with online support, a tracking system, recipes, and daily guidance are key reasons our patients are so successful.

Call today [208-996-3444](tel:208-996-3444) to make an appointment for our free gut health seminar.

*Brio*