

# HOW TO KEEP YOUR GUT HAPPY?

*The Comprehensive Guide to Digestion*



**PREMIUM COURSE**

## How to keep your gut happy Premium Course

### **Mission Statement**

Have you tried all available diets to ease your digestion problems? Your blood sugar level and cholesterol do not move despite your efforts, fatigue is a daily companion, and you are losing pleasure on the process?

Your mission – if you choose to accept it – is to learn about the multiple effects on the digestive system, change your connection to food and develop a whole-hearted approach to eating while your health improves and the pleasure remains accessible within 6 weeks or less.

# Module 1 - Macrocosmic connection

## Lecture 1

### **Written Exercises**

## Lecture 2

### **Soul and the physical body**

## Lecture 3

### **Being born**

## Lecture 4

### **Embracing the Light**

## Lecture 5

### **The decision making**

## Lecture 6

### **Religious influences**

## Lecture 7

### **The 2 poles**

Lecture 8

**Embracing the physical body**

Lecture 9

**The path of the Light Bearer**

Lecture 10

**Importance of the Light**

Lecture 11

**Mind, as the decision making place**

Lecture 12

**The energy**

Lecture 13

**The data**

## Module 2 - The digestive system

### Lecture 1

#### **Written exercises**

### Lecture 2

#### **The foundation**

### Lecture 3

#### **Mouth, Pharynx and Oesophagus**

### Lecture 4

#### **Stomach**

### Lecture 5

#### **Liver**

### Lecture 6

#### **Gall bladder**

### Lecture 7

#### **Pancreas**

Lecture 8

**Small intestine**

Lecture 9

**Colon**

**Rectum**

Lecture 10

**Thyroid gland**

## Module 3 - Thought Forms

### Lecture 1

#### **Written exercises**

### Lecture 2

#### **The structure of thought forms**

### Lecture 3

#### **The path of a thought form**

### Lecture 4

#### **Thought forms in practice**

Module 4 - Food the largest Conscious energy intake

Lecture 1

**Written exercises**

Lecture 2

**Taking in energies**

Lecture 3

**Planetary influences**

Lecture 4

**Maintenance of the physical body**

Lecture 5

**Weight and the physical body**

Lecture 6

**Water and the physical body**

Lecture 7

**Eating and the physical body**

Lecture 8

**Vegetarian or not**

# Module 5 - The interrelations with the 4 elements

## Lecture 1

### **Written exercises**



Lecture 2

**Introduction**

Lecture 3

**Earth**

Lecture 4

**Water**

Lecture 5

**Air**

Lecture 6

**Fire**

Lecture 7

**The result**