

MINDFUL EATING

A HOLISTIC APPROACH TO
GUT HEALTH IN RECOVERY

**Free CEUs
for this training**

OUR OBJECTIVES



CORE FUNCTIONS

Demonstrate core functions of- and the interaction between the gut and brain



SUSTAINED RECOVERY

Demonstrate How Mindful Eating can be a Stress Reduction Tool and Improve our Health



STRESS REDUCTION

Understand how Stress affects Gut Health & Specific strategies of Mindful Eating



UP HEALTH

Discuss and Define Healthful Eating Principles

TUESDAY, NOV. 2, 2021



12:00 PM - 5:00 PM EDT

FREE Virtual Workshop via Zoom
-Registration is Required-

- This WORKSHOP is free of charge -



NC DEPARTMENT OF
HEALTH AND HUMAN SERVICES
Division of Mental Health,
Developmental Disabilities
and Substance Abuse Services



Thanks to our funders...

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WHY THIS TRAINING?

Gut Health is critical to overall health and an individual's recovery from substance use disorders and mental health disorders. The gut houses over 70% of our immune system and makes over 2/3 of our body's serotonin, the neurochemical credited with our well-being.

In addition, stress impacts gut health directly. So how do we address the health of our most important system? Of course, what we eat is crucial but also just as important is HOW we eat.

Mindful eating is a multifold strategy backed by scientific evidence to help us not only manage food cravings and our emotions but also to improve our overall gut health. We often use food as a way to distract ourselves from our life challenges or numb our uncomfortable emotions.

With this strategy, we learn how to use food as way to arrive into our life and stop escaping it. Learning the science and strategies related to mindful eating is crucial for any health care professional both as way to address gut health but also to better manage food choices and cravings.



**FREE ZOOM WORKSHOP
REGISTRATION REQUIRED**



Please email
TCONYERS@RCNC.ORG

FACILITATOR - DR. TANMEET SETHI, MD RCNC RECOVERY WELLNESS ASSOCIATE

An Integrative Family Physician, writer, and TEDx speaker who has dedicated her career to care for the most marginalized patients, many with substance use disorders and teaching them as well as physicians how to harness their innate potential to heal through the food they eat, the way their minds think and how their bodies move, the most powerful forms of medicine.



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