



3 Surprisingly Simple Ways to Transform Your Kids' GUT HEALTH

to Improve Behaviour, Immunity,
Allergies and Fussy Eating

Masterclass with Jessica Donovan

Woohoo! I'm excited that you have signed up to my masterclass and by doing so you have taken the first step to better gut health and overall wellbeing for your family.

Here at Natural Super Kids, we are all about a balanced approach to healthy living for your family that is sustainable over the long term! Gut health is the PERFECT place to start as it is the foundation of our children's well being. When we focus on gut health we can see improvements in many areas of our kid's health including behaviour, immunity, fussy eating and allergic tolerance.

Here's what to do next:

- 1 Come and join our pop up [FACEBOOK GROUP](#) to get support and inspiration through the masterclass experience
- 2 Show up LIVE to the masterclass! **There will not be a replay for this masterclass!** There's something powerful in making that commitment to your family to actually show up live. It's confirming within your own mind that you KNOW this is important and you're serious about improving your Kid's gut health and overall wellbeing. I love to reward the Mums who show up live to the masterclass with a Bonus too, so make sure you schedule this in your diary right now. The Live attendee bonus will make it so much easier for you to implement what you learn in the masterclass!
- 3 Subscribe and listen to the Natural Super Kids podcast! You can find all our episodes [HERE](#) or search Natural Super Kids on your favourite podcast platform.



3 Gut Health depleters are

1 2 ways I will reduce are

1.
2.

2 2 things I can do to avoid are

1.
2.

3 2 things I can do to reduce my child's exposure to are

1.
2.

3 simple ways to transform my Kids Gut Health are

1 Focus on more

1.
2.
3.
4.
5.

3 SIMPLE WAYS TO TRANSFORM YOUR KIDS' GUT HEALTH

Practical tips

1.

2.

3.

The #1 thing I will focus on

2

3 ways to provide good bugs are

1.

2.

3.

Practical Tips

1.

2.

3.

The #1 thing I will focus on

3

Foods high in include

Practical Tips

1.

2.

3.

The #1 thing I will focus on

At Natural Super Kids, we are all about helping Mums (and Dad's) raise healthy kids.

But we also know...it ain't as easy as it sounds.

We believe in a realistic and sustainable approach to health so inspire you to raise happy and resilient kids one healthy change at a time.



Come and be inspired on Instagram

<https://www.instagram.com/naturalsuperkids/>



Subscribe and listen to the Natural Super Kids podcast

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