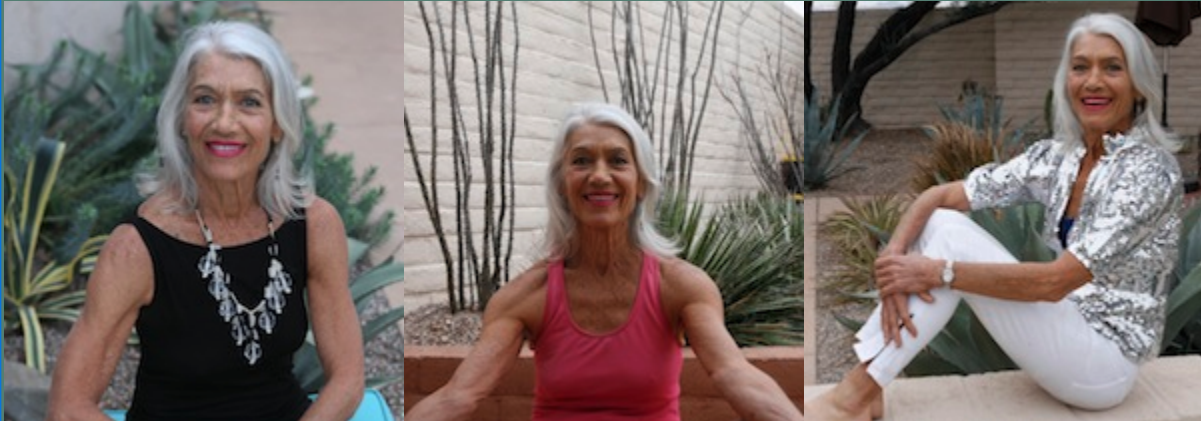


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Intestinal Health Institute

Colon Hydrotherapy, Certified GAPS™ Practitioner, Detox Programs, Workshops
520-325-9686 intestines@sheilashea.com 4427 E 5 St Tucson AZ 85711



Intestinal Health Newsletter September 2014



Dear Sheila,



Sheila Shea MA

My brothers are awesome chefs. We had our family reunion last week. We decided to make more meals at home rather than go out to restaurants. I cannot say that I was strictly raw or gaps however I enjoyed the whole experience. We did stop by Carmine's in Palm Beach Gardens and got some of their Maryland Crab Cakes. I think it's a ritual now. We get the mustard sauce to go with it.

My cousin made a big dinner for us Saturday night and we made dinner at my brother's place Thursday and Friday. We had great views of the ocean. One

day, I had lunch at the Crab Shack on PGA Blvd with my oldest brother. He needed the hamburger and French fry fix. I had my mussels in broth with a glass of Chardonnay. That gives you a little flavor of the food trip.

I have finally learned to prepare food. I'm not one of those kitchen lovers who wants to bake all day. I do it out of necessity. Feeding myself is a priority. When I went to Hippocrates Health Institute in Boston in 1975 I learned the raw food diet and preparation. A breakthrough, I could make fermented seed sauces, grow sprouts and make sauerkraut.

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Events

GAPS™ GROUP
August 26, Tuesday
5:30-7:30PM

How To Take Care of Myself
Sugar, Emotions, Stress

September 26, Friday
5:30- 8:00 PM
September 27, Saturday
9:00 - 11:30AM
September 27, Saturday
1-3:30PM

Ann Baldwin & Sheila Shea

Hot Links Cool Sites

Twenty years later in 1995 I began practicing Elaine's Gottschall's Specific Carbohydrate Diet (SCD) now progressed to Gut and Psychology Syndrome Diet (GAPS). I have learned to make dishes on SCD and GAPS such as the bone broths, meat stocks, mayo and yogurt. I enjoy both diets and follow the principles of GAPS.

The movement to restore health means a movement into the kitchen and garden! You are making your own food and eating at home more often. Yes, you spend more time however you are rebuilding yourself cell by cell. If you work as at team to chop, slice, dice and braise it makes it fun and the time goes quickly. If you are alone, play heavy metal or meditate.

I've been working with diet and nutrition for many years in a practical way. Good intestinal health is founded on natural and whole foods. What you eat influences how you release during a colon therapy session and your ability to detox. I can help you with some of your health decisions. Contact me if you would like to talk about pleasant dietary options, how to regenerate yourself and how to cleanse your intestines and liver.

Sheila Shea call email text 520-325-9686 intestines@sheilashea.com

How to Take Care of Myself Sugar, Emotions and Stress

September 26, Friday, 5:30 - 8 PM
Sugar, Stress and Comfort Food

September 27, Saturday, 9 - 11:30 AM
Returning to the Natural Kitchen and Natural Eating
Breathing & Biofeedback
to Reduce Stress and Emotional Eating

September 27, Saturday, 1 - 3:30 PM
Detoxification and the Microbiome
Using Your Emotions to Cultivate a Positive Microbiome

Pricing

\$39 for One \$78 for Two \$115 for Three

We are offering the workshop in 3 separate seminars each 2.5 hours. You have the option of taking 1, 2 or all 3 of the seminars. You can make up ones you miss at future workshops. Each seminar within the workshop will have a specific focus with practical exercises and demos to help you take care of yourself! We can help you grow in a healthier way through positive behaviors. We can help you know what you have to do.

Take care of yourself!

[Colonic TV - Enjoy](#)

[Sugar = Chronic Toxin](#)

[Binge Eating](#)

Services

Colon Hydrotherapy

Certified GAPS™ Practitioner

Nutritional Counseling

Detox Programs

Retreats

Training

Diagnostic Testing



Each Session has a Theme, Activity, Exercise and Snack!

Register Now

Online Call Email Ann Baldwin PhD
520-795-4048

abaldwin@mind-body-science.com

Call email text Sheila Shea MA
520-325-9686

intestines@sheilashea.com

Workshop Leaders



Ann Baldwin PhD
Mind-Body-Science.com



Sheila Shea MA
Intestinal Health Institute.com

Location in the Ft Lowell and Columbus area

GAPS Groups and Consultations

Next GAPS Group August 26, Tuesday from 5:30-7:30PM

When my co-presenter Nancy gets back from vacation we will post dates for September and October.

Our next group is this August 26, Tuesday from 5:30-7:30PM. If you haven't RSVP'd and you want to come, let me know and I can send directions.

I have been having successful GAPS Groups monthly. Each month I progress through a PowerPoint that highlights key components of the diet and program. In the last one when we were sharing, the topic kept coming back to our gut bacteria and how best to foster them. The consensus is that we need to use a wide variety of probiotic strains plus use the fermented dairy and vegetables. I am using the Prescript Assist and feel a difference using that. Another person wanted to find lactobacillus plantarum.

That led me to showing a PowerPoint, The Microbiome, from the workshops that Ann Baldwin and I give. If you are looking for some good reading, check out Martin Blaser MD Missing Microbes. He is former Chair of Medicine at NYU and Chair of the Human Microbiome

Project. The Microbiome is the whole field of bacteria in and on us, and our interactions. Remember that one goal of the GAPS program is to reseed the good microbes in our gut and body.

I also do private GAPS consultations at my office or via phone or skype. I carry the book, Gut & Psychology Syndrome, the 2-DVD set of Cooking with GAPS plus Campbell-McBride's cookbook, Internal Bliss. We would all use more 'internal bliss.' Be in touch.

Sheila Shea call email text 520-325-9686 intestines@sheilashea.com



Our Boot Camp Rock Stars!

Special # 1

30% Off 14-Day Cleanse Kit

14-Day Arise and Shine Cleanse Kit is now 30% off.

The \$144 Kit is now going for \$99.

The Kit contains a bottle of powdered psyllium, liquid bentonite, Herbal Nutrition, Chomper, Flora Grow and a few other goodies. Very effective cleanse. Can be used in smaller time segments like a 3- or 7-day cleanse.

Sheila Shea call email text 520-325-9686 intestines@sheilashea.com

Special # 2

20% Off 5-Pack

Pay \$299 for 5 sessions.

That's \$70 off the package price of \$369.

Offer expires September 30, 2014
Sessions expire October 15, 2014
No refunds.

Sheila Shea call email text 520-325-9686 intestines@sheilashea.com

Special # 3

6% Off Combined 14-Day and 5-Pack

Use the 5-pack with the 14-day cleanse.

Yours for \$375.

The \$375 package combines the 14-day Kit plus the 5-pack.

That's another 6% off!

Offer expires September 30, 2014
Sessions expire October 15, 2014
No refunds

Sheila Shea call email text 520-325-9686 intestines@sheilashea.com

**Coupon
Save
25%**

The **Intestinal Health Institute** is offering the **8-Hour IACT Certification Course** for all those who have given 100 documented colonics and would like to be certified by the **International Association for Colon Hydrotherapy**. The Course requires membership in IACT and their test administered at my office. If you are interested, I am offering this day course for \$600, 25% off the regular price of \$800. IACT membership and test fees are in addition.

Call or email Sheila Shea
intestines@sheilashea.com
520-325-9686

Offer Expires: September 30, 2014

IntestinalHealthInstitute.com, 4427 East 5th St., Tuscon, AZ 85711

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