



Digestive Health Resources

Digestive issues often appear for the first time for many women through perimenopause and menopause, and knowing what's causing an issue, or how best to help settle things, can be confusing. It can also be confusing knowing when symptoms might need further investigation or guidance from a healthcare professional. Our registered nutritionists are on hand to help you get your gut back on track.

As a Supported Care member of www.harleystathome.com, you will have access to the following LIVE digestive health sessions:

- Digestive Health in Menopause Programme: Join Lucy Jones and special guest experts as they guide you through a range of simple dietary and lifestyle tools to support your digestive health. From foods to nurture a happy gut to relaxation to relieve an angry gut, this programme will equip you with a wide range of tools.
- Digestive Health Masterclass: To top up your digestive health knowledge and toolkit, join Lucy Jones to explore particular aspects of digestive health, including the gut microbiome, fibre and the different types of digestive health conditions.

Meet Our Digestive Health Team

Registered Associate Nutritionist Lucy Jones

Lucy is driven by the idea of 'positive nutrition' where she focuses on the benefits of food and nutrition to health and wellbeing. Her knowledge of perimenopause and menopause enables her to offer dietary and lifestyle advice which can enhance and empower women during this stage of life. Not only this, but Lucy loves to regularly talk all things gut health, fibre and toilet habits - no topic is too taboo for Lucy.

