

3-PART GUT HEALTH SERIES

Calming and Energizing Lifestyle Practices for Gut Repair and Healing



February 27, 2025

6:00-7:00 pm

Presented by:



COMMUNITY
NATURAL FOODS
NOURISHING OUR COMMUNITY SINCE 1977



CALGARY CO-OP

Jessica Pecush
Nutrition

THIS EVENING!

- Why the gut is GROUND ZERO for thriving health
- Lifestyle factors impacting gut health
- How gut inflammation starts...and progresses
- My overall approach to gut repair + healing
- Stress management + Nervous System regulation
- Functional movement + therapeutic exercise
- Soothing sleep supports for effective recovery
- Establishing your NEXT STEPS!

ARE YOU READY?!



Jessica Pecush
Nutrition

DISCLAIMER

This webinar is for **informational and educational purposes only** and is **not** intended as professional medical advice. By accessing and using this information, your use shall constitute your agreement that this information is **not** professional medical advice and shall **not** be relied upon by you as such. By using this information, you understand that I, Jessica Ferguson (Pecush) and/or Jessica Pecush Nutrition, are a certified *Culinary Nutrition Expert* and *Certified Holistic Nutritional Consultant*[™] professional, **not** a therapist or licensed medical professional.

You should **always** consult with your physician or other qualified medical professional first, prior to implementing any of our advice, information, or suggestions. You should **always** consult with your physician or other qualified medical professional (not us), so as to discuss and clear any and all changes, additions, or alterations to your diet, medication(s)/medical treatment, exercise regimen, supplement regimen, health practices or lifestyle, prior to implementing them. Please only implement any and all changes **after** consulting with your physician or other qualified medical professional and assessing your own risk.



WHAT DO I DO?

I help high-performing adults navigating autoimmune and non-autoimmune gut disorders REPAIR their gut, REGAIN their energy and RELEASE their life-hindering symptoms, so they can FLOURISH in their personal and professional lives!

Celiac, Crohn's, Colitis, Diverticulitis, GERD/acid reflux, Candida yeast overgrowth, H. pylori, parasites...

WHY?

- Personal journey with digestive autoimmunity (*Ulcerative Colitis*) since 2004!
- **Health starts IN THE GUT!**
- The body is very capable of being repaired + rebalanced, if provided the opportunity with **ALIGNED** supports in place
- Everyone deserves to feel their very best throughout their lifetime, not just now + then!
- Health transformation starts with shifting limiting/false beliefs, closing knowledge/skill gaps and getting into suitable, sustainable and **SUPPORTED ACTION!**



HOW?

- **THE DI-JESS-TION METHOD**
 - 5-month (online) private coaching program
- Corporate Wellness Workshops + Public Workshops
- Grocery Store & Health Food Store Tours

MY BACKGROUND:

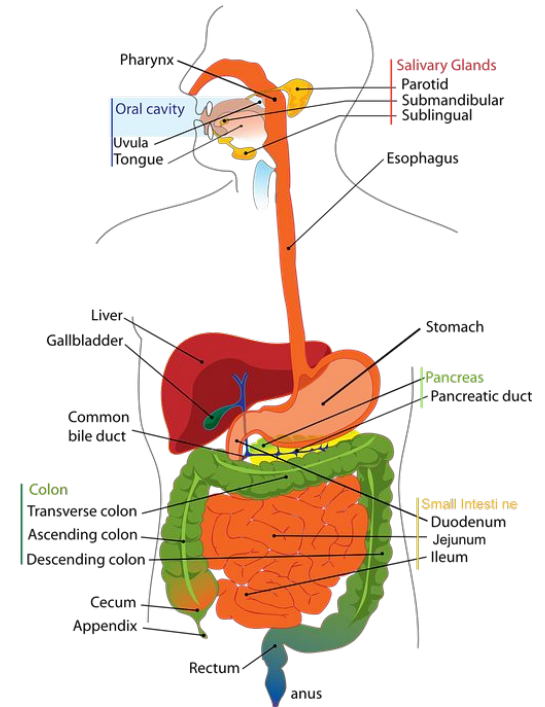
- **Certified Holistic Nutritional Consultant™**
Canadian School of Natural Nutrition (Calgary)
- **Certified Culinary Nutrition Expert**
Academy of Culinary Nutrition (Toronto)
- **Autoimmune Paleo Certified Coach®**
Autoimmune Wellness™ LLC (USA)
- **Certified Teacher**
Alberta Education
- **University of Calgary Wellness Hub Administrator**
Cumming School of Medicine



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Nutrition

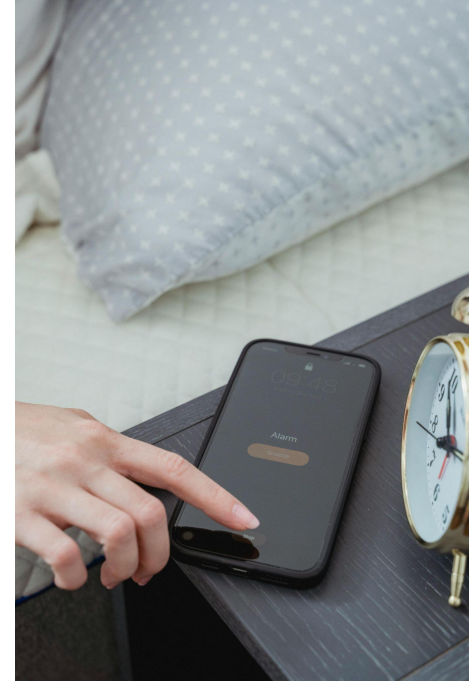
Why The Gut Is GROUND ZERO...

- The CORE of our body's physiological functioning
- Responsible for:
 - **INGESTION** of our food + its nutrients
 - **DIGESTION** of our food + its nutrients
 - **ABSORPTION** of nutrients for nourishment of cells + conversion into energy!
 - **ELIMINATION** of indigestible fiber, waste matter, hormone metabolites (e.g. estrogen)...
- Gut function is **DEEPLY CONNECTED** with:
 - Thyroid function (incl. metabolism)
 - Adrenal health + blood sugar regulation
 - Liver filtration
 - Hormones + Neurotransmitters



Lifestyle Factors Impacting Gut Health

- **Varied Environmental Exposures**
- **Chronic Nervous System DYSregulation**
 - Chronic 'Fight-or-Flight' mode
- **Movement DYSregulation**
 - Sedentary lifestyle (under-exercising) OR
 - Chronic, high-intensity exercise (over-exercising)
- **Sleep DYSregulation**
 - Late bedtime
 - Delay of falling asleep
 - Multiple wake-ups during the night
 - Too little sleep overall
 - Feeling UNrefreshed upon waking



How Gut Inflammation Starts...DYSBIOSIS!

- **Imbalance (loss of equilibrium) and damage to the bacterial balance in the gut microbiome due to ongoing, inflammatory exposures**
- **Overgrowth of poor bacteria, too little beneficial (probiotic) bacteria, and possibly beneficial bacterial overgrowth, too**
- **Sets the stage for further inflammation, the surfacing of symptoms, and a *Leaky Gut* in the body (a state of chronic inflammation)**



Chronic Gut Symptoms with DYSBIOSIS

Acid Reflux	Anxiety	Bloating and/or Foul Gas	Brain Fog (difficulty thinking, focusing, recalling)	Chronic Fatigue	Constipation
Depression	Diarrhea	Frequent UTIs and/or Vaginal Yeast Infections	Food Sensitivities + Allergies	Halitosis (bad breath)	Hormonal Imbalances (e.g. blood sugar, cortisol, PMS)
Inflammation (e.g. achy joints, body pain)	Nausea	Rash/Redness (e.g. hives)	Rectal/Vaginal Itching	Skin Issues (e.g. acne, eczema, psoriasis)	Upset Stomach

How Chronic Gut Inflammation Progresses

Leaky Gut (Intestinal Permeability):

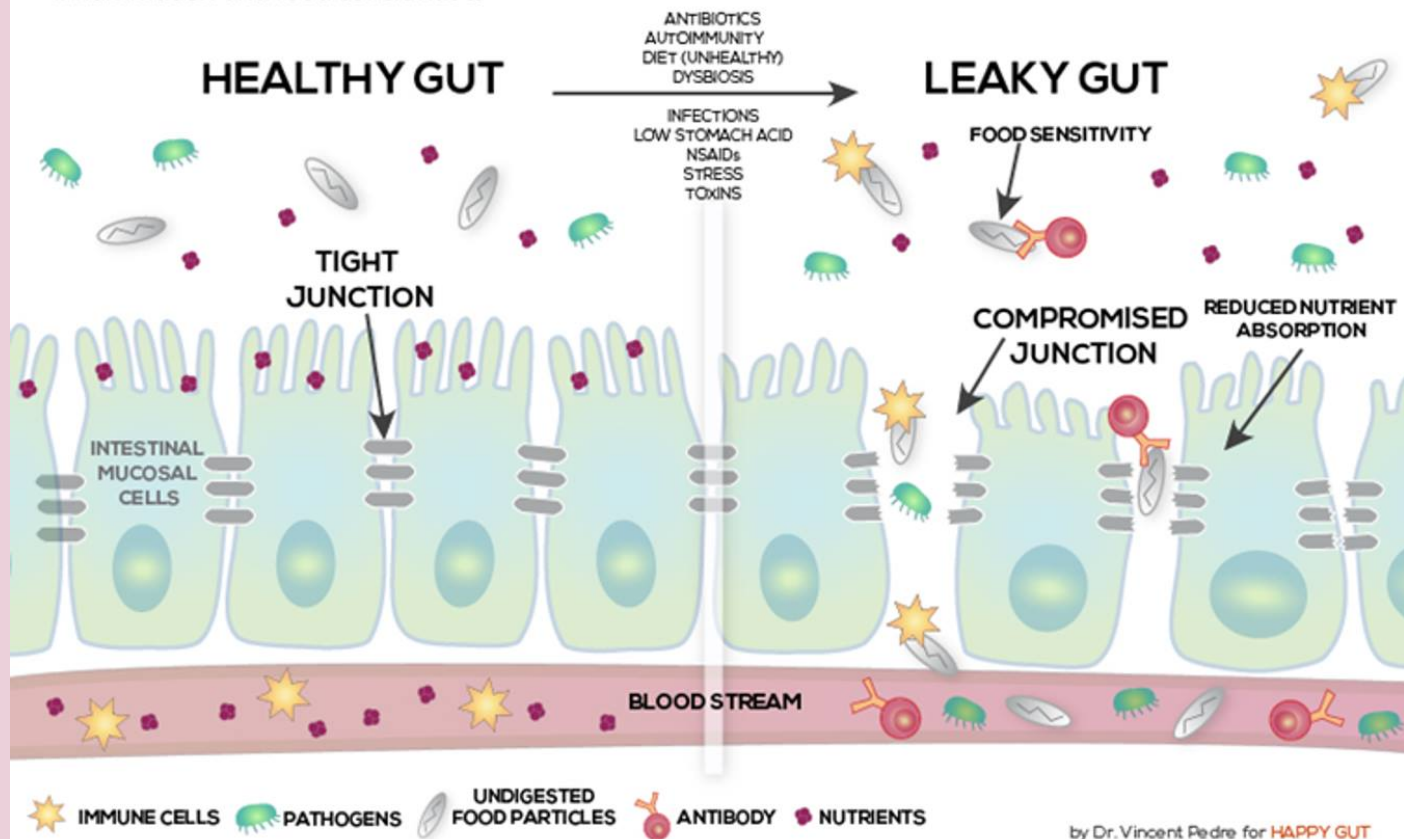
- The 1 cell-thick lining of the small intestinal wall = **critical barrier**
- Separates the outside of the body (digestive tract) from the inside of the body (bloodstream)
- Can become damaged/compromised if gut bacteria aren't in an optimal state
- Healthy mucous lining on these cells can become thinned-out or non-existent due to chronic inflammation/damage
- Beneficial/probiotic bacteria that live in the mucous can die off
- Reduced protective wall for internal environment

Leaky Gut (Intestinal Permeability)

- Results in the cell junctions (connections) between the small intestinal wall cells loosening/pulling apart
- Gaps between the cells become larger and the barrier becomes 'leaky' (microscopic holes in the lining)
- Undigested food particles (e.g. proteins), toxins and poor bacteria can then 'leak' into the bloodstream and set off the Immune Response
- Sets the stage for chronic, **systemic** inflammation
- Dysbiosis + a Leaky Gut = contributing factors for autoimmunity, as well as other gut disorder (H. pylori, Candida, parasites, SIBO, etc.)

HEALTHY GUT VERSUS LEAKY GUT

A healthy gut works like a cheese cloth, allowing only nutrients through, but keeping larger food particles and pathogenic bacteria, yeast and parasites out. In a leaky gut, the tight junctions are loosened so undigested food particles and pathogens can get through and activate the immune system, causing inflammation and food sensitivities.



My Approach to Gut Repair + Healing...

1. ASSESS + REMOVE GUT HEALTH DISRUPTORS

- Identify underlying gut issues at play + their root causes
- Clear out any gut infection/overgrowth/parasites
- Identify any gut health disrupting foods + bev
- Wean off gut disruptors that are feeding inflammation



2. RE-ENGINEER GUT FUNCTION

- Targeted digestive support + nutrient deficiency support
- Therapeutic, gut-healing foods + bev for YOUR CIRCUMSTANCES
- Strong nutritional foundation
 - Diverse, colourful produce, high-quality proteins, and anti-inflammatory fats + oils

My Approach to Gut Repair and Healing...

3. GROW YOUR GUT FLORA

- Regular reliance on diverse prebiotic and probiotic-rich foods
- Use of targeted probiotic strains **when suitable**

4. GUT BARRIER CLOSURE

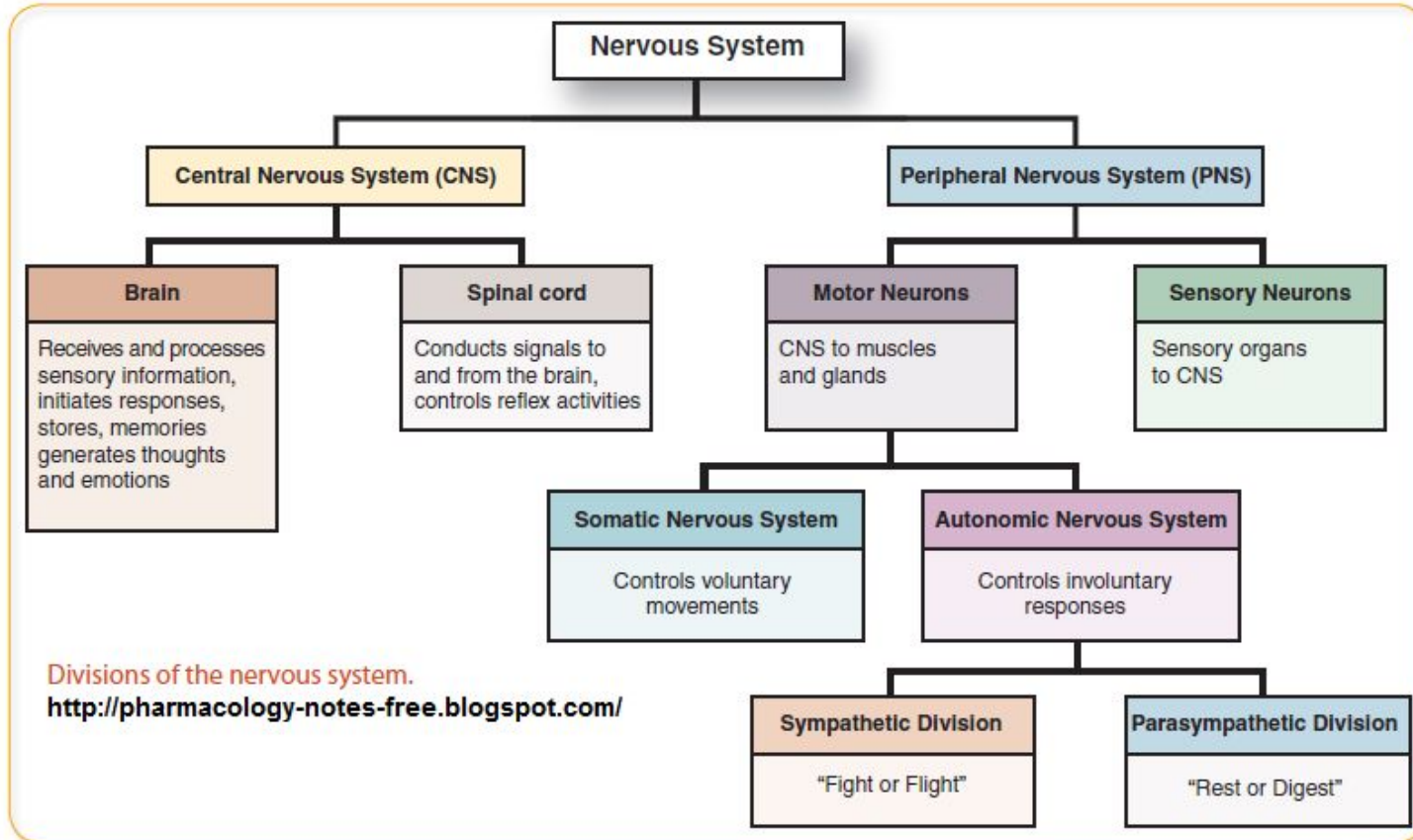
- Rebuild mucous lining (small intestinal wall)
- Seal up a 'Leaky Gut'

SELF-REPAIR OPTIMIZATION (*throughout the journey*)

- Mindset supports
- Nervous System supports
- Functional movement + therapeutic exercise
- Soothing sleep supports



An Overview of the Nervous System



The Impact of Chronic STRESS

- STRESS = a powerful driver of inflammation + disorder in the body
- Body CAN'T detect difference b/w different types of stressors
- Designed to rely on **FIGHT-OR-FLIGHT** response for **short** periods of time (**not chronically**) to fight or flee from a stressor
- **FIGHT-OR-FLIGHT MODE**
 - Coping strategies
 - Release of different hormones (cortisol, adrenaline, norepinephrine) into bloodstream - source of energy
 - Liver releases sugar into bloodstream - source of energy
 - These levels rise, **then SHOULD FALL**
- If in a state of chronic, high stress:
 - Hormonal imbalances - cortisol continuously elevated
 - Blood sugar dysregulation issues develop
 - Digestive function shuts down
- Body is in **SURVIVAL MODE** - shunts normal functioning



The Impact of Chronic STRESS

CHRONIC STRESS IMPACTS THE GUT!

- Stomach acid + digestive enzymes
- Motility through digestive tract
- Protective mucous along gut lining - where good bacteria live
- Die-off of good bacteria, rise in poor/opportunistic bacteria
- Development of a potentially 'Leaky Gut'
- Impaired nutrient absorption + irregular bowel movements

THE RESULT?

- Inflammation
- Hormonal imbalances
- Blood sugar imbalances
- Sleep disturbances
- Reduced immune resilience
- Indigestion + altered bowel movements
- Gut damage



Time to Pause + Reflect...

In order to repair + heal the body, starting with the gut, our Nervous System must feel SAFE + CALM.

- Chronic stress = likely overworked, overbooked + overextended!
 - Boundaries - typically non-existent or poorly reinforced
 - Don't ask for help - try to do it all!
- What would you rate your current stress level?
 - 1 = very minimal
 - 10 = complete overwhelm
- Time to evaluate our days!
- What will **STOP**, **START** and **CONTINUE**?

Time Blocking Strategy

	MON	TUES	WED	THURS	FRI	SAT	SUN
6:00 am							
7:00 am							
8:00 am							
9:00 am							
10:00 am							
11:00 am							
12:00 pm							

Some Starting Points...

- **GET INTO NATURE W/ LIGHT-MODERATE MOVEMENT**
 - Releases feel-good chemicals (endorphins) into the brain
 - Break up sedentary time frames with movement
- **LAUGH!**
 - Watch, listen to, or chat with someone/thing funny daily
- **CHILL!**
 - Prioritize moments of stillness
 - Deep breathing/box breathing (breathe in, hold, breathe out, hold)
 - Guided meditation
 - Relaxing music
 - Time with a pet
 - Read
 - Journal/gratitude journal
 - Warm yin/restorative yoga
 - Epsom salts bath w/ essential oils



Let's Take ACTION!

Write down your 1 NEXT STEP with stress management + Nervous System regulation now...

Then, please post it in the chat!

Functional Mvmt + Therapeutic Exercise



- Supports physical AND mental health!
- Just 20 minutes moderate-intensity exercise stimulates the Immune System with an anti-inflammatory cellular response
- Breaking a sweat = **safe/gentle detoxification** -> flushes toxins out
- Chronically-intense activity can overextend Immune System - can become hyperactive
- Chronic stress/over-exercising/overtraining keeps cortisol levels elevated
 - **DAMPENED IMMUNITY + DAMAGE TO THE GUT**
- Shy away from high-intensity workouts if: autoimmune, have known hormonal imbalances/gut issues, are already tired/feeling burnt out, are tired rather than energized after, and/or if recovery is **SLOW**
- **OUTDOOR MOVEMENT = HORMONE BALANCING**

Movement Strategies

- **MIX IT UP WITH TYPES YOU LOVE, THAT SERVE YOU!**
- Alternate between higher-intensity exercise and lower-intensity cardio (e.g. cardio vs. restorative yin yoga/walk)
- Greater focus on strength training, + sufficient stretching
- Build in enough rest in between, including active recovery days between more intense bouts of activity (e.g. outdoor walk, low-intensity bike ride, warm yin yoga)
- Ensure you're getting enough sleep **both** prior to/following higher-intensity exercise
- Evaluate the time of day at which you exercise - do you have enough time to come down from the exercise and fall asleep without difficulty?



Let's Take ACTION!

Write down your 1 NEXT STEP with
functional movement + therapeutic exercise
now...

Then, please post it in the chat!

Planning for Quality Sleep!

Adopting a regulated CIRCADIAN RHYTHM (Sleep/Wake Cycle)

- Reduces stress on body
- Supports balanced hormones (melatonin + cortisol)

The longer the body remains up at night, beyond when you start to feel increasingly tired, the more cortisol levels rise/remain elevated

Increased cortisol levels:

- Dysregulated blood sugar levels + stubborn weight gain
- Interrupted sleep (difficulty falling asleep, staying asleep, unrefreshed upon waking)

Sleep deprivation skews appetite-related hormones

- Crave refined/processed carbs + sugars

THE RESULT? INFLAMMATION + HORMONAL/
BLOOD SUGAR IMBALANCES + REDUCED IMMUNE
RESILIENCE + INDIGESTION + GUT DAMAGE



Tech Exposure + Sleep

Start powering down technology (blue light exposure) once darkness falls

Blue light exposure after sundown suppresses melatonin (sleep hormone) production - keeps you 'wired but tired' and supports 'Fight-or-Flight' mode

Blue light-blocking glasses can help counter blue light exposure

Listen to your body: when it's asking for rest, REST

Sleep is our body's period of repair - an opportunity to restore + repair functioning -> **including that of our Gut/Immune System!**



Sleep Hygiene Strategies

Your **EVENING ROUTINE** is equally important as your **MORNING ROUTINE**

Set a *Bedtime Alarm* 60-90 minutes prior to bed...

Prepare what you can for the following day...

Unwind in a relaxing way...

- Go outside for a walk or gentle mvmt/stretch
- Spend time with a pet, read with children
- Make a hot, herbal beverage or elixir
- Epsom salts bath
- Read a book
- Listen to a guided meditation or calming music



Evening Herbal Tea Options

DIGESTION	IMMUNITY	NERVOUS SYSTEM	SLEEP
Chamomile	Astragalus	Tulsi (Holy Basil)	Chamomile
Fennel	Elderberry	Lemon Balm	Lavender
Ginger	Ginger	Oatstraw	Passionflower
Peppermint	Lemon		Skullcap
Dandelion/ Nettle	Reishi/ Chaga		



**If taking any meds, please consult with your practitioner re: any herbal contraindications.*

Jessica Pecush
Nutrition

Let's Take Action!

Write down your 1 NEXT STEP with quality sleep now...

Then, please post it in the chat!

Take-Away Resources for YOU!



Nervous System Support Strategies

• When you're feeling riled up and in 'Fight-or-Flight Mode', stop, pause, and observe how you feel in your body. W!

- To get out
- A brisk walk
- To connect
- A guided
- To watch
- A nap
- A hot tea
- Time will
- To get to



Quality Sleep Strategies

• Practices that support your Circadian Rhythm

- Take intentional breaks from screens throughout the day
- Start minimizing (or eliminate) screen time once the sun has set
- Wear blue-light blocking glasses if on screens beyond sundown
- Shift your Smartphone to 'Night Shift' setting
- Install the 'Lux' app on your laptop/desktop computer
- Decide on a reasonable/logical bed time and wake time, and stick with it as consistently as possible nightly (e.g. 10pm-6am)

• Declutter

- Use the 'I work' com
- Turn off i particular
- Delete
- Implement
- Add an ap
- Do it some way listening,

• Practices that support your Sleep Hygiene/Sleep Routine

- Set a time for 60-90 minutes before your set bed time to mindfully start 'winding down'
- Screen-free, non-stimulating time
 - Games, puzzles, book, epsom salts bath, read, outdoor walk...
- Prepare what you can for the following day to ease stress/anxiety the next day

• Evaluate Your Bedroom/Sleep Space

- Ensure sleep temperature is comfortable
- Ensure pajamas, if worn, are comfortable
- Ensure room is as dark as possible
 - Use an organic cotton/breathable fabric sleep mask, if needed
- Use a battery-powered alarm clock instead of your Smartphone
- Do you need white noise?

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3-PART GUT HEALTH SERIES

Calming and Energizing Lifestyle Practices for Gut Repair and Healing

February 27, 2025
 6:00-7:00 pm

Presented By:



Jessica Pecush
 Nutrition



Gut Health Series - Product Recommendations			
Grocery/Beverages		Dairy & Alternatives	
Brand	Product	Brand	Product
Lily of the Desert	Aloe Vera Juice	Yogurt	Yogurt
Better Than Noodles	Organic Konjac Noodles	Spread 'Em	Chives and Garlic Creamy Cashew Dip
BRAGG	Organic Raw Apple Cider Vinegar		
Bob's Red Mill	Almond Flour	Meat/Broth	
Bob's Red Mill	Cassava Flour	Brand	Product
Bob's Red Mill	Coconut Flour	Community Naturals	Wild Sockeye Salmon Fillet
Bob's Red Mill	Organic Gluten-Free Rolled Oats	High Vibe Health	Beef Tailow
Obion Foods	Avocado Oil Spray	High Vibe Health	Organic Chicken Bone Broth
Community Naturals	Nutritional Yeast Flakes	Organika	Bone Broth (Chicken or Beef)
Earth's Choice	Organic Coconut Milk - Gaur Free	Suberworks	Organic Chicken Sausage
Earth's Choice	Lemon Juice	Top Grass	Extra Lean Grass-Fed Ground Beef
Eden	Organic Adzuki Beans		
Any Brand	Organic Extra Virgin Olive Oil	Supplements	
Greenhouse Juice	Organic Fanny Ginger	Brand	Product
Karthein's Organic	Carrots & Ginger Sauerkraut	Beekeeper's Naturals	Propolis Throat Spray
Any Brand	Organic Virgin or Extra Virgin Coconut Oil	CanPreV	Mg-Bis-Glycerate 200 Gentle (capsules)
Manitoba Harvest	Organic Hemp Hearts	CanPreV	Vitamin D3 & K2
Naked & Sassy	Lightly Sweet Coconut Aminos	Genuine Health	Advanced Gut Health Probiotic: 15B CFU
Nuts to You	Pumpkin Seed Butter	Genuine Health	Fermented Organic Gut SuperFood™
Any Brand	Organic Ghee - Clarified and Carmlized Butter	Genuine Health	Fermented Organic Vegan Probiotic +
Ohanagen Rawsonne	Beet Chips	Harmonic Arts	Psaki 12.1 Mushroom Kestrel (powder form)
Organic Traditions	Sprouted Flax Seed Powder	Iron Vegan	Fermented L-Glutamine
Organic Traditions	Ginger Elm Powder	Natural Factors	Betaine HCl with Pepsin
Amazo	Organic Genmai Miso	Now	Whole Pylum Husks
Pukka	Three Mint Tea	New Roots Herbal	Human Probiotics 42B+
ROKAB	Assorted Bars	Organika	Enhanced Collagen
Any Brand	Organic Coconut Butter		Digestive Enzymes Ultra
SIET	Organic Free Tortilla Chips		Canadian Bitters
Simply Organic	Ground Turmeric		Organic Elderberry Syrup
Cultured Coconut	Fermented Organic Coconut Milk	Other	
Thrive Buddha	Organic Coconut Water	Brand	Product
Traditional Medicinals	Ginger Aid Tea	Santiva	Mineralized Alkaline Water Pitcher
Traditional Medicinals	Roasted Dandelion Root Tea		
Wildcherie	Kinohio		
Fresh	Product		
Brand	Product		
Fresh	Azooob		
Fresh	Beet Varieties		
Micro NYC	Broccoli Microgreens		
Fresh	Cauliflower Veggies		
Fresh	Fennel		
Fresh	Fresh Cranberries		
Fresh	Ginger Root		
Fresh	Kiel Fruit		
Fresh	Leek		
Fresh	Mushroom Varieties		
Fresh	Onion Varieties		
Fresh	Organic Apple Varieties		
Fresh	Organic Berry Varieties		
Fresh	Organic Spring Mix		
Fresh	Red Cabbage		
Fresh	Winter Squash Varieties		
Fresh	Turmeric Root		

Webinar Slide Deck

Jessica's Product Recommendations

Lifestyle Strategies for Maintaining Gut Health

Shop for Jessica's gut healthy product recommendations in store or online at Calgary Co-op or Community Natural Foods.

Use code GUTSAVE15

Get \$15 Off when you spend \$150.

Online only. Promo available from 6-Midnight day of events: Feb 20, Feb 26, March 6.



Take-Away Resources from PART 1!

3-PART GUT HEALTH SERIES

Therapeutic Food + Beverages for Gut Repair + Healing

February 20, 2025
6:00-7:00 pm

Presented By:





Webinar Slide Deck

Key Gut Health Nutrients

- Soluble Fiber-Rich Foods**
E.g. walnuts, chia flax (sunflower seeds, apple, avocado, berries, broccoli, carrots, sweet potato).
- Insoluble Fiber-Rich Foods**
E.g. almonds, walnuts, sunflower seeds, root vegetables and their skins (e.g. carrots, sweet potato, sweet chili, celery, broccoli), onion, dark leafy greens, berries, apple/pear (skin on) and cucumber.
- Prebiotic-Rich Foods**
E.g. apple (not green), asparagus, banana (lightly green or unripe yellow), chikney root, dandelion greens, flax seed, garlic, Jerusalem artichoke, jicama, kale, lentils, legumes, onions, sweetcorn.
- Probiotic-Rich Foods**
E.g. (organic) sauerkraut/kimchi/vegetes, miso, tempeh, gluten-free yogurt, coconut aminos, coconut milk (with low sugar/banana)...
- Liver-Loving Foods**
E.g. avocados, mangoes, broccoli, beets, sprouts, cabbage, varieties, celery, citrus, fennel, ginger, all dark leafy greens and microgreens, radish, turmeric, walnuts.
- Omega-3-Rich Foods**
• Oily fish: wild caught fish (e.g. salmon, mackerel, herring, sardines)
• Plant-based Omega-3 sources: almonds, chia, flax, hemp, walnuts.
• Plant forms must be converted (DHA from Omega-3 form in the body (not a highly-efficient conversion))

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Key Gut Health Nutrients

- Vitamin A**
E.g. animal proteins, organ meats, eggs.
- Vitamin C**
E.g. dark leafy greens, berries, citrus, cruciferous veg, papaya, kiwi.
- Vitamin D**
Sunlight on bare skin
E.g. red meat, fatty fish, cod liver, eggs, mushrooms, fortified foods.
- Zinc**
E.g. animal proteins, oysters, pompano, raw pumpkin seeds, buckwheat, Shiitake mushrooms, *organic* raw cashews.
- Glutamine (Amino Acid)**
E.g. red cabbage, bone broth, animal proteins, eggs, oily/fatty fish, asparagus, bean, spinach, parsley.
- Sources of Polyphenols (Plant-Based Compounds)**
E.g. berries, plum, apple, dark chocolate, green tea, sumac, olive oil, almonds, walnuts, artichoke, spinach, green olives, asparagus, celery

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Organic Traditions	Three Mint Tea	New Roots Herbal	Human Probiotics 428+
Pukka	Assorted Bars	Organika	Enhanced Collagen
ROK&B	Organic Coconut Butter	Organika	Digestive Enzymes Ultra
Any Brand	SETE	Pure Encapsulations	Canadian Bitters
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Fresh	Cruciferous Veggies		
Fresh	Fennel		
Fresh	Fresh Cranberries		
Fresh	Ginger Root		
Fresh	Kiel Fruit		
Fresh	Lentil		
Fresh	Mushroom Varieties		
Fresh	Onion Varieties		
Fresh	Organic Apple Varieties		
Fresh	Organic Berry Varieties		
Fresh	Organic Spring Mix		
Fresh	Red Cabbage		
Fresh	Winter Squash Varieties		
Fresh	Yam		
Fresh	Winter Root		



Jessica Peecush
Nutrition

CNF 3-Part Gut Health Series - From-Scratch, Gut-Friendly Sample Recipes!

Created by Jessica Peecush Nutrition

Jessica's Product Recommendations

Gut-Friendly Mini Recipe Bundle

Key Gut Health Nutrients


Upcoming Event in Calgary + Toronto!

The 17th annual
Canadian Holistic Nutrition Conference

HOLISTIC NUTRITION

Exploring the
Spectrum of
Wellness

presented by:

 **csnn**
Alumni

Everyone welcome!

2 LOCATIONS, 2 DATES
Calgary April 12, 2025 | Toronto May 10, 2025

2025 Canadian Holistic Nutrition Conference

Open to the public (and all holistic health and wellness practitioners)!

Community Natural Foods a sponsor!

Early bird ticket sales for Calgary end
March 1st!

Grab your ticket [HERE](#)

WHERE I HANG OUT...come say 'HI!'

- **Web:** jessicapecush.com
- **Instagram:** @jess_pecush_nutrition
- **Facebook:** Jessica Pecush & Jessica Pecush Nutrition
- **Email:** connect@jessicapecush.com

READY for life-changing personalized support, accountability, and CHANGE?

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You Deserve To Live Your BEST Life.

Gut-Focused Culinary & Holistic Nutritional Consulting

Helping high-performing women to REPAIR their gut, REGAIN energy and RELEASE life-hindering autoimmune gut disorder symptoms, so they can flourish in their personal and professional lives!

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