

**"Gut Health: A Holistic and Integrative Approach"
@ COMO Cuisine in collaboration with
COMO Shambhala and Nutritionist Eve Persak**

Dr. Kieron Lim, consultant & visiting practitioner with COMO Shambhala, was invited to share his experience on common gastrointestinal conditions with an exclusive group of COMO's clients. This workshop was organised in collaboration with COMO Shambhala's nutritionist Eve Persak and COMO Cuisine's Executive Chef Timothy de Souza.

Dr. Lim's talk highlighted a holistic and integrative approach to Gut Health. This was followed by nutritionist Eve Persak's talk on how diet affects our digestive system. The workshop concluded with a cooking demonstration by Executive Chef Timothy de Souza.







Treatment Options

Pharmacological

- Proton-pump inhibitors
- Anti-spasmodics
- Antibiotics

Non-Pharmacological

- Nutrition
- Lifestyle modification
 - Regular meals
 - Smoking cessation
 - Normal BMI
 - Elevate head of bed



