**Gut Health: The Complete Approach**

**Brief Description:**

Understand the role of the gut in systemic health and its connection to conditions like SIBO and dysbiosis.

Explore evidence-based diagnostic tools and treatment options for gut-related disorders.

Analyse the science behind probiotics, prebiotics, digestive enzymes, and dietary interventions.

Develop intense and effective gut management regimes tailored to individual patient needs.

Design integrated, patient-centered approaches for optimising gut health.

Apply knowledge through self-assessments to reinforce key concepts and practical strategies.

**Learning Objectives:**

This evidence-based course is designed for doctors seeking to develop an integrated approach to gut health.

It explores the critical role of the gut in overall well-being, focusing on conditions like SIBO and dysbiosis. Participants will gain insights into diagnostic tools, treatment strategies, and the science behind probiotics, prebiotics, and dietary interventions. With self-assessments and practical applications, this course equips doctors with the knowledge to create comprehensive, patient-centered plans for optimising gut health.