



# THE 21 DAY GUT RESET

## Your gut holds the key to optimal health.

An active and healthy gut allows the body to process food, absorb calories and nutrients, build, and bolster the immune system, produce vitamins and much more. An inharmonious gut can lower energy levels, cause bloating and even weight gain. Our 21 Day Gut Reset Program led by Registered Dietitian Lauren Zimmerman includes:

- Body composition analysis  
(before & after the program)
- Recipes
- Meal Templates
- Restaurant Recommendations
- Daily group chat support

The session kicks off on Saturday, October 29, 9 - 10 a.m. at Synchronicity or via zoom. Our \$149 program reservation is 100% refunded after successful completion of the program and compliance to all components.

## About Lauren Zimmerman, MS, RD, LD

Lauren Zimmerman is a registered dietitian who has been in practice for nine years. She received her Master's in Nutrition from Winthrop University where she also completed her Dietetic Internship. She has worked in the hospital setting, cardiac rehab, bariatric surgery, weight management and now works with clients on both the preventative and disease management side. She has been the Lead Dietitian at Synchronicity, a modern wellness center for physical and mental wellbeing, for the past three years. She specializes in plant-based nutrition, gut health, and helping individuals create a sustainable and enjoyable lifelong nutrition plan. She serves as the Secretary on the Board of Directors for AMOR Healing Kitchen; she is the Marketing/Social Media Chair Elect for the South Carolina Academy of Nutrition and Dietetics and served as the past Secretary for the Charleston Trident Dietetic Association. Follow her on social media to get her latest nutrition content @laurenz\_rd and @thesyncnlife on Instagram.



To register: Call **843-416-5006**, SCAN QR code or visit [thesyncnlife.com/21-day-gut-reset](https://thesyncnlife.com/21-day-gut-reset)  
Visit us in person at 1513 Mathis Ferry Rd, Mt. Pleasant, SC 29464

