

# TRANSFORM YOUR HEALTH WITH ONE CHANGE

DISCOVER 5 INCREDIBLE BENEFITS BY  
ADJUSTING YOUR DIET

COACH ERICA WOOLWINE



# Welcome!

I am Health Coach Erica and happy to share this free guide with you. Keep reading to find out how changing just one food in your diet can improve your health.



## ABOUT ME

Years ago, I was suffering from brain fog, migraines, stomach and back pain. It wasn't until I cut out gluten, and later on grains, that I realized how I could be more focused, energetic, and pain free.

This led me to become a health coach to help people like you to live their best lives and to feel outstanding everyday.

Have you ever wondered if there's a certain food that could be the unseen culprit behind your unexplained fatigue, brain fog, or persistent skin issues? You're not alone. Recent studies suggest that gluten intolerance is more widespread than previously thought, affecting millions silently. Imagine reclaiming your energy, mental clarity, and radiant skin by making one simple change to your diet.

*Erica Woolwine*

# DISCOVER 5 INCREDIBLE BENEFITS BY ADJUSTING YOUR DIET

## REASON #1 WEIGHT MANAGEMENT

Cutting out gluten can aid weight loss by reducing the intake of processed foods and refined carbohydrates. Avoiding gluten often leads to eating more whole, nutrient-dense foods such as protein, fruit, and veggies, which can support weight loss.

## REASON #2 INCREASED FOCUS AND MOOD

Ever feel like you're having trouble concentrating, experiencing forgetfulness, or dealing with mental fatigue? This "brain fog" can be a result of an unhealthy gut. The gut-brain axis acts like a bridge connecting your gut and brain. A healthy gut produces feel-good chemicals like serotonin, which can lift your mood and help ease anxiety and depression.

## REASON #3 BOOST YOUR DIGESTION AND ENERGY LEVELS

By removing gluten from your diet, you may notice less gas, bloating and pain. You can help your body absorb essential nutrients more effectively, leading to better digestion and increased energy throughout your day.

## REASON 4: REDUCE YOUR INFLAMMATION

Gluten and a high carb diet can stimulate inflammation, which is linked to diseases like heart disease, diabetes, Alzheimer's disease and certain cancers. You may notice less achiness in your joints!

## REASON 5: DECREASE YOUR HEADACHES

Researchers and doctors have found that when people stopped eating gluten, their headaches and migraines were reduced significantly. Why not give it a try and enjoy more headache-free days?



# WANNA LEARN MORE?

Are you ready to make the next step and cut gluten out of your diet, even for a week? I understand that making a big change can seem daunting, especially when you love bread, pastries, and more.

I'm here to support you!

Send me an email if you'd join a gluten-free challenge and I can send you more information.

If you're interested in more information, you can find my book list:

[10 Top Books about going Gluten Free here.](#)

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