



F**k Menopause: Conquering Gut Health, Weight Gain & Menopause Transitions with Grace

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Embrace the journey to lifelong wellness! Gut health is crucial for women of all ages, influencing digestion, nutrient absorption, immune function, and mood regulation. By maintaining a healthy gut microbiome, you can prevent various health issues like hormonal imbalances, weight gain, inflammation, and autoimmune conditions. This session offers practical advice and strategies – from gut-friendly foods to hormone-balancing tips – to help you navigate menopause with resilience, humor, and a big F**K you! Embrace the journey to lifelong wellness and transitions!

About Philippa

Philippa Bebbington, MS, RD, is a passionate advocate for wellness through nutrition and lifestyle interventions. With experience directing nutrition programs and consulting for an obesity prevention campaign at Rutgers University, she empowers individuals to take control of their health. Philippa's personal health challenges, including autoimmune disease, early menopause, and cancer, fueled her research, shaping her expertise in inflammation, hormone balance, gut health, and immunity. This expertise led her to found NOURISH BY PHIL, a private practice, and create Phil Knows Food & Phil's 30 Day REBOOT. Recently, Philippa published her book, "Cracking The Food Code: Stop Diets That Don't Work."

