

Gaylene, August 2020



Gaylene Teichmann 🇨🇦 recommends Empowered Nutrition.

August 2, 2020 · 🌐

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After being diagnosed with gallstones and having attacks at least once a week and, getting more frequent, I went on the search for a natural alternative to having my gallbladder removed as I believe it is a vital part of the digestive system. I stumbled across Katie and reached out to her. With Katie's analysis of my symptoms we discovered I had more than just gallstone issues and with her encouragement and guidance I was able to change my diet. It is only early days but I have lost over 12cms off my waist/abdomen/hips and 3kg. I haven't had a gallstone attack in over a month. I am sleeping better, my skin is clear and I have more energy. Seeing results in a visual graph has a great impact and is astounding to look at! Speaking with Katie keeps me on the right path and having her support is so helpful! 😊

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