# Bestselling Author Eve Kalinik to Host Online Masterclass on Gut Health



Bestselling author and nutritional therapist Eve Kalinik will be hosting an online masterclass titled "How to Look After Your Gut." The event is scheduled for Wednesday, July 17, 2024, from 6pm to 8pm BST. This session will focus on the importance of gut health for overall well-being, including benefits for the immune system, mood, skin, heart, and brain. The class will offer practical dietary and lifestyle strategies.

Eve Kalinik, the masterclass instructor, is known for her expertise in gut health and her work on the mind-body connection. She co-hosts the podcast “The Wellness Breakdown” and has authored the bestselling books “Be Good to Your Gut” and “Happy Gut, Happy Mind.”

The price for the masterclass is £75, plus a £1.90 booking fee, with a catch-up recording available for two weeks post-event. Newsletter subscribers can avoid booking fees.

The masterclass is part of the Evening Standard's offerings and aims to provide participants with science-backed guidance on gut health. For those attending from outside the UK, a time zone converter is recommended to check local streaming times. Participants will receive a link to the webinar 24 hours before the start and a reminder 2 hours prior.

For more details or to book a ticket, visit the masterclass page on the Evening Standard's website.