

The Insulin Reset Retreat

Your Gut Might Be the Reason You're Tired,
Inflamed, or Gaining Weight

We now know that gut health and insulin sensitivity are inseparable. If one is off, the other struggles — leading to a cascade of symptoms many people live with daily.

Fatigue.

Brain fog.

Stubborn weight.

Mood swings.

Inflammation.

Cravings.

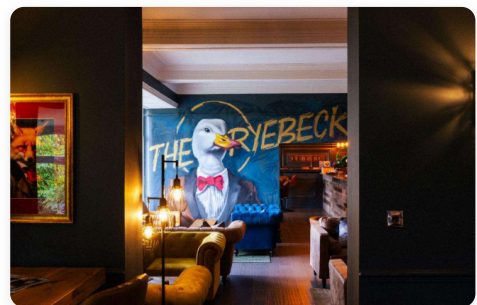
Poor sleep.

But when the gut is healed at the base level, something incredible happens: the body begins a domino effect of metabolic improvement.

Energy rises.

Mood stabilises.

Cognitive clarity comes back.



Pain decreases.

Weight becomes easier to manage.

Blood sugar becomes far more stable.

Our Metabolic Reset Retreat is built around this powerful connection.

You will learn:

- How gut inflammation affects insulin
- How insulin affects cravings + weight
- Which foods calm the gut and stabilise glucose
- How to plate meals for both gut and metabolic support
- Gentle movement that improves digestion + glucose uptake
- Evening routines that calm the gut-brain axis
- Stress tools that help cortisol and gut lining repair

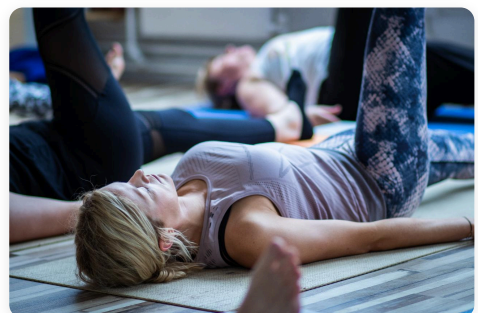
Plus you'll experience:

- A goody bag with tools to take home to support you beyond the retreat itself.
- 1x night stay in this luxury hotel in the Lake District with wonderful views.
- Beautiful nutritionally designed meals to balance blood sugar levels.
- A metabolic walk to connect with nature.
- Resistance band training session.
- Restorative Myofascial release workshop
- Morning yoga
- Full nervous system reset practices
- Nutritional and lifestyle advice in informal style talks.

This retreat isn't just about blood sugar.

It's about transforming the foundation of your health — from the gut outward.

Spaces are limited. Reserve your spot now.



Insulin Reset Retreat – Key Details

DATE & LOCATION

Date: 30th January

Location: 1x Night in the Lakes –
Ryebeck Hotel

INVESTMENT

Normal price: £250 / person

Early bird offer: £199

Or: £160 per person if booked as a
couple or two friends sharing a
room

*A perfect gift to yourself or
someone you love.*

Great present idea to yourself, a loved one or as two friends looking for healthy activities.

Enjoy a day, evening and morning of physical activities (resistance training, walking, yoga and relaxation), educational nutrition and lifestyle talks and beautiful food in the natural landscapes of the Lake District. We want to help our guests learn how to take more control of their blood sugar levels, consciously moving further away from health issue related to insulin resistance. This will be a fun retreat with a bunch of light minded people that want to learn and socialise.



Hosted by Charnock Farm Organic Wellness & MissionRemission.