



HOW TO SIGN UP TO THE WAITLIST...

PAUSE REVISITED

by David Manos Venus



www.physicalfreedom.co.uk

www.substack.com

WELCOME

Hi & Welcome to **Pause Revisited** it's a 10 day exploration into what we're eating and how it makes us feel.

We'll be exploring gut health and how that maybe starts with brain health.

It's hosted by me, David Venus (Manos) and we are very lucky to have some beautiful East Asian Medicine support from Jambo Truong





THIS IS HOW IT'S GOING TO WORK

My Newsletter is called ['Shit & Love'](#) and it's hosted on the very shiny new, and growing very fast, platform [Substack](#)

Substack is primarily a writers platform - so if you're sick of the hyper-energy world of social media it's a soothing place to hang out.

It's great because I can embed YouTube videos, recipes and instructional how-to's all in the one place. Which means you won't have to go scrambling through your social media feed to find out what's happening on your healing programme each day.

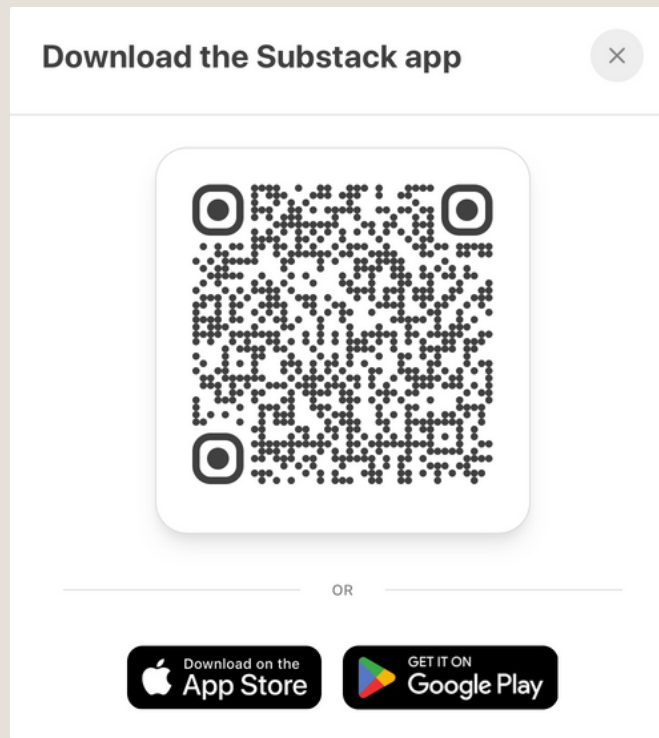
You can also leave comments direct on any article so we have a super easy way to connect and you get all your questions answered.

SUBSTACK

TIME TO SIGN UP



Option 1. Download the App (by scanning this code with your phone or visiting the App or Google Play store depending on your phone)



Option 2. Read from your browser



Shit & Love

Clawing my way out of new age spirituality and I'm dragging you with me! Living that heart-centred life without the lycra.

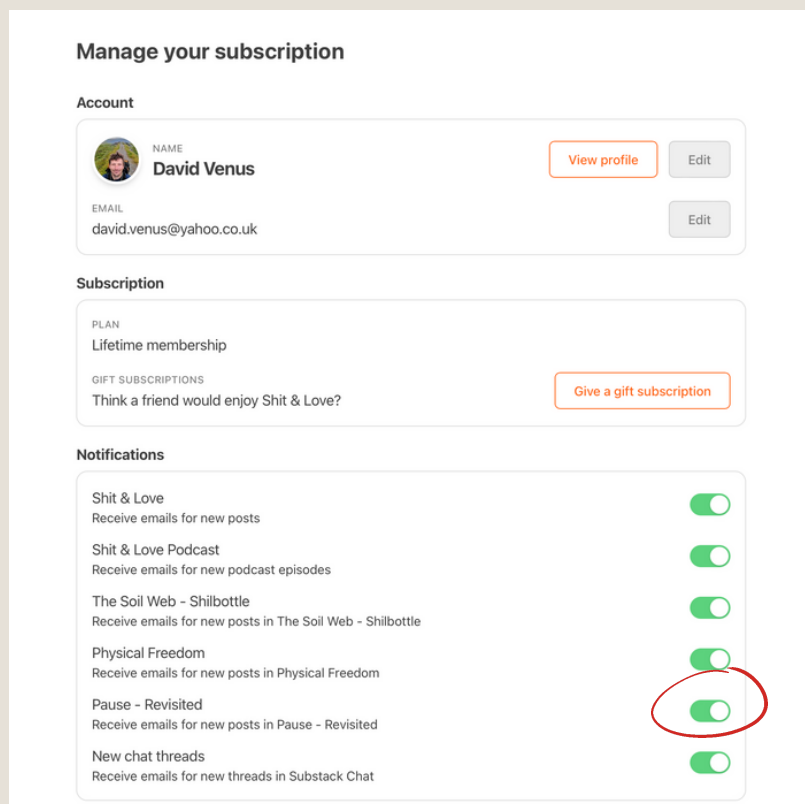
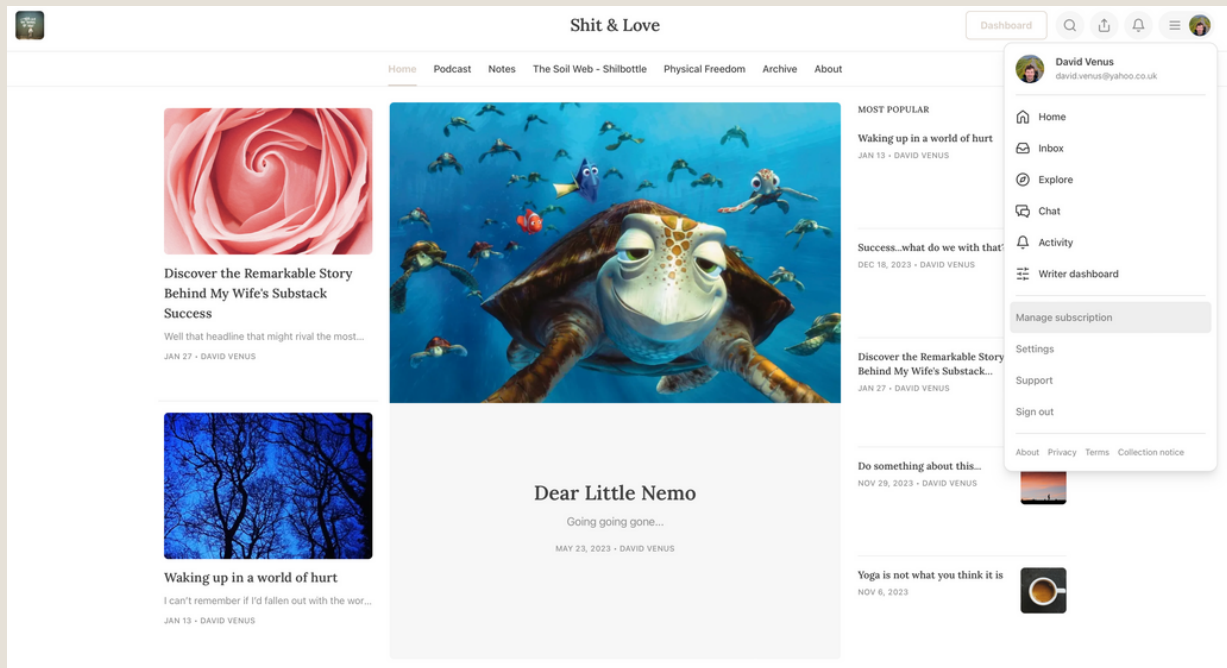
By David Venus · Launched 2 years ago

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Make sure you toggle this 'Pause Revisted' on in your profile.

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Questions?

IF YOU'RE STUCK JUST WING AN EMAIL TO ME

ADMIN@PHYSICALFREEDOM.CO.UK

OR SHOOT ME A DM ON INSTAGRAM