

On Wednesday evenings from March 2010 there will be free talks in the Nutri Centre Bookshop from 7pm to 8.30 pm (approx). No need to book! Just bring yourself (and a friend?) along!

The Nutri Centre Bookshop, 7 Park Crescent, London W1B 1PF
bookshop@nutricentre.com 020 7323 2382 www.nutricentre.com



Wednesday 2nd November
Flower Essences:
Stress, Anxiety & Depression
with **Clare Harvey, FlowerSense**

In our ever increasing stressful world there isn't any one that isn't touched by stress at what ever level it manifests itself, physically, mentally, emotionally or spiritually. Not all stress is counter productive, a certain amount if used creatively can challenge us, help make the positive life changes needed in order to progress forward in a healthier productive or life affirming way. The art is to cope and manage stress positively and creatively Stress can lead to ANXIETY, which is usually brought on by mental overload, tiredness and the general stresses of life. If left unchecked soon develops into extreme anxiety and even panic attacks.

Stress can also lead to DEPRESSION which can range from mild to severe often leading to the dark night of the soul, with suicide tendencies. Its vital to address this before it develops. We will look at the flower essences that have a history of success in effectively addressing these issues.

Clare G Harvey is internationally recognised as an authority on Flower Essences, and was originally trained by her grandmother, being taught herself by Dr Edward Bach and Nora Weeks. Clare has been a Flower Essence Consultant at The Hale Clinic in London , since 1990. A teacher and lecturer, Clare started the first International Flower Essence School for Practitioners, The International Federation for Vibrational Medicine which runs Introductory and Professional Training courses.



Wednesday 9th November
Behavioural Iridology
with **Jim Verghis, Iridologist**

Like fingerprints, every iris on the planet is unique to its owner. The eyes of another are often our first contact point. Within a few seconds of meeting a stranger we are already beginning to consciously or unconsciously feel what that individual may be like.

Behavioural Iridology gives you a chance to explore the transmigrational patterns in your own iris. Your eyes are a blueprint of your genetic inheritance. Your iris can indicate left and right brain dominance, communication style, unique creative gifts, even your relationship attractions in life.

Jim Verghis has been interpreting personality from the eyes for over 24 years. He was a student of Denny Johnson, going out in his own in 2002. He has combined his learning from three other teachers raising the bar in the field of behavioral iris interpretation. He has a very practical approach to interpreting and devising therapies to create personal transformation for his clients. Jim has also combined his understanding of the soul and its learning for students to grasp the spiritual awakening possible through their specific iris structures. He can speak on the most practical or esoteric terms, when it comes to getting results, he prefers a combination of both.

Wednesday 16th November

Say No to Diabetes
with **Patrick Holford, Nutritional Therapist**



Do you have diabetes or are you worried about developing it?
Diabetes has become so prevalent you'd be forgiven for thinking it's the 21st century version of the black plague. Yet, contrary to popular belief, in the vast majority of cases diabetes is not only preventable but also reversible - making a lifetime of medication unnecessary. Say No to Diabetes shows you how. Discover:

The root causes of diabetes (both types) and how to reverse them ; What and how to eat for perfect blood sugar control ; Improve sleep ; A tailored diabetes-busting supplement programme ; the truth about diabetes drugs ; The gold-standard anti-diabetes diet plus recipes ; Everything you need to put together your own anti-diabetes action plan.

Patrick Holford is one of the world's leading authorities on nutrition and mental health and has authored over 20 health books many of them bestsellers including, The Holford Low-GL Diet Made Easy, Food is Better Medicine than Drugs and the New Optimum Nutrition Bible which has sold over 1 million copies. Patrick lectures and conducts workshops throughout the world.

Wednesday 23rd November



Is Your Skincare Making You Sick?

with **Janey Lee Grace**

Janey Lee Grace is passionate about all things natural. She wants to help people change their lives by introducing them to the concept of easily available natural alternatives, directing them to the products that really work, or recipes for simple DIY skincare, without needing to feel any sense of guilt for the bits we aren't getting right. She sums up this struggle that we all face day to day as 'Imperfectly Natural'.

Janey says, 'We're all imperfect - we've all got lives to lead, jobs to hold down, relationships and families to maintain! We all want a healthier happier and more holistic lifestyle, but still want to down that double espresso, and occasionally wear nail polish (or aftershave or deodorant) So are there alternatives that don't contain phthalates, parabens and preservatives?'

In this talk, Janey explores skincare and personal hygiene, cleaning without chemicals and how to minimise the effects of electro pollution. Janey suggests ways to make changes that can save your health, your wallet, and tick the eco box in the process.

Through her best-selling books, seminars, and numerous TV and Radio appearances, Janey Lee Grace has established her position as a PR representative and Media Spokesperson for the Organic and Natural Health world. She is known to over 7 million listeners daily via BBC Radio 2, and she has been voted in the top 10 most influential people in the 2011 Natural Beauty Yearbook. She is the founder of imperfectlynatural.com a consumers website which received half a million hits in its first month, recommending the best the natural, organic, and eco world has to offer, and also the newly launched Janey Loves award accreditation system for Eco and Organic companies in the UK. She currently writes columns for 4 mainstream magazines recommending natural products and services. She is a passionate public speaker and interviewee on UK Radio and TV, and an author of 5 best-selling books on Natural health, including two Amazon No 1's. www.janeyleegrace.com

Wednesday 30th November



The Effect of the Acid-Base Balance on the Musculoskeletal System

with **Margo Peinemann**, Nutritionist, Natura Foundation

A good acid-base balance is essential for healthy bones. A good acid-base balance is of vital importance. Without this balance, the cells in our body are unable to function correctly. That is because a disrupted acid-base balance impedes the enzymatic processes that, among others, keep our bones and cartilage healthy. This can lead to the development of osteoporosis and arthrosis. During the meeting an explanation will be given on how the acid-base balance can become disrupted and the exact impact of that on the cartilage and bone. Margo will then discuss which diagnostic and therapeutic remedies are, in practice, the most effective for the restoration and maintenance of the acid-base balance.

Margo is a nutritional and clinical PNI therapist. In 1996, she started to work for Bonusan as a product advisor and, in that role, underwent training in nutritional therapy, phytotherapy and clinical PNI. Margo has had her own practice since 2003 and gives various courses and workshops for Bonusan and the Natura Foundation.

You can watch these seminars live or by downloading them any time after the presentation

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