

9 Talks in 9 Weeks - *making food work for a healthier you*

Week 1. General Health; an introduction to Nutrition

A general introduction, giving useful hints and tips of how you can benefit from improved nutrition.

Week 2. Nutrient Groups and your Health

A detailed look at the various nutrient groups and how they can help achieve a healthier you. We examine what they do and how you can get the most out of each from a structured nutritional program.

Week 3. Nutrition to improve Energy

Feeling tired? Energy levels not where they used to be? This talk will focus on how nutrition can work to improve and maintain better levels of energy.

Week 4. Nutrition to improve Digestion

Feeling bloated or things not as regular as they should be! Then this talk will certainly help as we explore how nutrition and digestion work hand in hand.

Week 5. Weight Management

Maintaining the correct weight and BMI can be challenging. This week will focus on how nutrition can play a key role in achieving these levels. No diet or weight loss fads, just simple & effective nutritional advice.

Week 6. Nutrition to aid Detoxification

No cabbage soup here we promise! We will look at how nutrition can help with the detoxifying process and that it needn't be difficult to achieve.

Week 7. Nutrition to support Intolerances and Allergies

Food intolerances and allergies are on the increase. We look at how to identify these problem foods and give healthy nutritional alternatives.

Week 8. Nutrition & Lifestyle to beat Stress

No one can ignore the pressures everyday life has on our bodies and minds; we look at how a combination of nutrition and lifestyle can help you manage and decrease stress.

Week 9. Putting it all into Practice!

Our final week is about arming you with the skills to put into practice what you have learnt. Our resident chef, Maggie Lynch, proprietor of The Soulfood Company will present a hands on cookery demonstration.

Classes are kept small so places are limited, please book early to avoid disappointment

Richard Burton (BSc (Hons Nutrition) MBANT, MNTOI, Dip Ac) is the founder and director of IINH. Richard's working life has explored ways of improving the diet of individuals and society as a whole: as researcher, lecturer; consultant to the pharmaceutical industry on dietary fiber; science writer; health journalist; manager of whole food company; teacher and consultant nutritionist at London's Community Health Foundation; weight management consultant and nutritional therapist. Richard's therapeutic approach has achieved successful outcomes for thousands of clients.

Julia Sweetman (BA (Hons), DipNT, mNTOI, mBANT, mNRR1). Through her own personal experience of how nutrition can help overcome illness, Julia set up Health Balance to provide a service using nutrition and reflexology to improve people's lifestyle, diet, health and overall well being. In addition to practicing as a Nutritional Therapist and Reflexologist, she lectures for the Irish Institute of Nutrition and Health and teaches Nutrition at the Bray Institute of Further Education.

Date: Tuesday 11th October. Course will run for 9 weeks, 7.30pm-9.30pm.

Cost: €245 (includes handouts & refreshments)

Venue: Irish Institute of Nutrition and Health, 2 Woodland Office Park, Southern Cross Road, Bray, Co Wicklow.

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