



SCHOOL OF NATUROPATHIC NUTRITION



You're invited to a free starter evening of our

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# REJUVENATION COURSE



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27th March 2018, 7:00 - 9:00 PM, Insole Court, Cardiff

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Part of a 12-week course packed with information, workshops, food and drink tasters, recipes and support to reboot your health and wellbeing.

VISIT US AT [WWW.LOVENATUROPATHY.CO.UK](http://WWW.LOVENATUROPATHY.CO.UK) OR EMAIL [HEALTHYJONESPHILLIPS@GMAIL.COM](mailto:HEALTHYJONESPHILLIPS@GMAIL.COM) FOR MORE DETAILS

# #rejuvenation

THE TIME IS HERE TO AWAKEN AND FEEL  
THE BEST YOU HAVE EVER FELT!

## **Session 1**

Understanding the Naturopathic  
Nutrition Philosophy

## **Session 2**

Foods that rejuvenate and  
addressing cravings

## **Session 3**

Understanding your body type  
and creating your own plan

## **Session 4**

How raw food and enzyme-rich  
diet can benefit you

## **Session 5**

Creating the formula for perfect  
health

## **Session 6**

Essential fatty acids - the key to  
awakening

## **Session 7**

Using the right ingredients and  
cooking amazing recipes

## **Session 8**

Understanding the power of  
emotions in detoxing

## **Session 9**

Getting to know superfoods and  
match them to your lifestyle

## **Session 10**

Incorporating whole food  
supplements

## **Session 11**

Learning which foods can  
beautify you and help you glow

## **Session 12**

How to balance hormones the  
naturopathic way

Our course is split into two 6-week sessions: the foundation part running from 10th April to 15th May with a cost of £250; the advanced sessions will run from 22nd May to 26th June and cost £250. The combined cost will be reduced to £400 when both courses are purchased together in advance.