



SCHOOL OF NATUROPATHIC NUTRITION



You're invited to a free starter evening of our

REJUVENATION COURSE

CARDIFF OR SWANSEA

28th August 2018, 7:00 - 9:00 PM, Insole Court, Cardiff or
11th September 2018, 7:00 - 9:00 PM, Environment Centre, Swansea

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 OR EMAIL
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 7

Using the right ingredients and
cooking amazing recipes

Session 2

Foods that rejuvenate and
addressing cravings

Session 8

Understanding the power of
emotions in detoxing

Session 3

Understanding your body type
and creating your own plan

Session 9

Getting to know superfoods and
match them to your lifestyle

Session 4

How raw food and enzyme-rich
diet can benefit you

Session 10

Incorporating whole food
supplements

Session 5

Creating the formula for perfect
health

Session 11

Learning which foods can
beautify you and help you glow

Session 6

Essential fatty acids - the key to
awakening

Session 12

How to balance hormones the
naturopathic way

Our course is split into two 6-week sessions: the foundation part running from 18th Sep to 23rd Oct with a cost of £250; the advanced sessions will run from 30th Oct to 4th Dec and cost £250. The combined cost will be reduced to £400 when both courses are purchased together in advance.