



## FOOD GLORIOUS FOOD!

Are you what you eat?

One Day Intensive Nutrition  
course

### Sunday June 24<sup>th</sup> (Premier Inn Rugby North)

Whether you want to lose weight or not – what you eat determines your health more than anything else. Would you like a better understanding of what certain nutrients do to your body? would you like to de-bunk some of the many myths surrounding nutrition? If the answer is YES you will love and benefit from this inspiring seminar.

What you will learn:

- ✓ “Macronutrients” Fats, Carbohydrates & Protein, the role of each in your body.
- ✓ How nutrients affect every system in your body – digestion, circulation, glandular, structural and immune.
- ✓ Which foods really keep you fuller for longer – and why.
- ✓ How foods are converted to fat.
- ✓ How much is enough?
- ✓ Should you supplement?

Learn this and much more, and more than that learn how to implement this information without dieting!

Normal Price £197 **save £27** with special offer price £175 if you book before June 1<sup>st</sup>

If you book this day *and* the ADVANCED TFT day, you **save £47** off each day making **a total saving of £94** and get both days for a total of just £300



“Being a nurse I thought I knew enough about food, but what Janet taught us was inspiring and informative. By making just a few key changes I lost 4 dress sizes and haven’t looked back”

Carol Smith