

Powerful Nutrition

Full of Fun & Lots of Learning

The powerful relationship between Nutrition & Depression,
Weight Control, Cancer, Heart Disease, Diabetes
Children's Strength & Development & Great Health etc

Tuesday 20th May...7-9.45pm

Get new insight into...

- * **THE DIET & LIFESTYLE** strategies that play a massive role in turning around depression, weight problems & disease
- * **WHY** eating the right foods, in the right amounts, at the right time of the day is critical to having sustained energy and craving control. How to fine tune your day to feel better.
- * **HOW** irregular **bowel movements** poison us and how to have a good movement everyday?
- * **WHY** many **Diets don't work** in the long term. How to boost our **metabolism**
- * **CRAVING CONTROL** without appetite suppressants
- * **BREAKFASTS** that boost the metabolism, & stimulate the brain
- * **PROTEIN POWER** to stabilize brain chemicals, moods and sugar levels? How to calculate Protein
- * **THE BIG CON...** how diet drinks / foods can drive us mad and make us fatter
- * **THE CARBOHYDRATE MYTH...** are they that bad? Which ones help instead of hinder
- * **HOW** some **FOODS** shrink our brain, reduce performance & encourage disease to thrive?
- * **How** to reduce DNA damage and free radical attack
- * **THE FATS** that help us burn fat
- * **CAFFEINE** ...can we drink too much. The signs of too much
- * **HEALTH HORRORS** from Artificial Additives...knowing about the safe foods & drinks
- * **PLUS** More...More...More

Albany Senior High School Performing Arts Theatre
Bookings essential...9844 2222

* **FOYER DISPLAYS** from **6.00pm**. Healthy Products & Services

* **PRESENTATION...** Please Arrive Early for a **7pm Punctual Start**

OVER 320 PICTURES & GRAPHIC DEMONSTRATIONS

A reality check that can change our life forever. Covers the things we were not taught at school, reminds us of the things we already know and can help set a new course of action and commitment to looking and feeling great in 2008.

PRESENTED BY

Helen Frost...National Nutrition Educator & Radio Health Presenter

CREDENTIALS...Dip Teaching. Over 30 years experience in education, nutrition, health, fitness & weight management. She also specializes in eating disorders and addictions.

Water & Hand Outs are provided

COST... FREE

PERSONALISED Nutrition & Health Presentations/Seminars/Workshops or Guest Speaker for your conference, business, club, organisation, practice, school & clients/patients etc

A Sample of Seminar Comments

DIANNE...Mother I would like to tell you how my daughter is now. She had been diagnosed with Clinical Depression prior to attending the seminar. She was talking suicide and constantly crying all the time. At work she would just start crying and have to take the rest of the day off. She was taking far too much time off for depression. She could not cope very well with everyday issues.

She had the attitude that nothing was going to help her, as every time she went to the doctor for help they would up her medication which would then make her a zombie and more depressed. (She is 29) When we came in to your Seminar, she had the bottom lip out, arms folded. After 10 min's in to you talking she was taking notes.

To cut a long story short, she has made some amazing changes. She has suffered one only crying bout at work. Vanessa now says she cannot remember the last time she felt this good, she is not as tired, (she always wanted to sleep) she goes to the gym and is just feeling fantastic. I have not seen her this good for a long time also.

So if this story can help any one with depression only to realize that NUTRITION has such an important part to play in our well being. Maybe one day she can be medication free. You talk so everyone can understand it the simple way. Thanks, Dianne

The "Gift of Life"...From Shelly Coleman... Coogee Primary School

I'd like to thank you personally for the fantastic presentation on the POWER OF NUTRITION at our school last week. In my sixteen years of teaching, of all the Mothers day presents, Fathers day gifts, Christmas goodies, portfolios etc, that I have given to the parents, I have never received so many thank you from the parents. Certainly changing attitudes in young children begins with the parents. I can already see changes being made in the children's lunch boxes.

I think your presentation should be renamed to the "Gift of Life". Anyone who is prepared to make important changes based on realistic and easy to understand information will be given that – an extended happier & healthier life. Wishing you happy health.

Dr ZDENA MOORE...M.D..."Over the past 30 years I have heard many speakers... This Seminar is a true Health Enhancing learning experience."

HILARY WOOD...R.N. Deg Specializing in Oncology (Cancer)...“Many patients have said to me “I never thought this would happen to me. I thought it only happened to other people. I thought I was doing the right thing”. This Seminar is a must if you want to prevent illness and improve your quality of life.”

HELEN...Concerned Parent... Thank you very much for giving me a much needed kick in the pants. I came out of the session feeling extremely guilty for allowing my busy life (running a business) to make me take the quick and easy way out when it came to feeding my family. I have always suspected that some foods were not very good for us but, as many people do, you assume they must be “okay” otherwise they wouldn't be on the shelves. “Not very good for us”, what an understatement! Anyway, I have now been through my fridge and cupboards and thrown away

heaps of additive-loaded junk much to my children's dismay who think I have gone "psycho", but I will persist and hope to do a much better job from now on. It's time to take control! Kind regards

KEITH HIGGS...ALCOA...I would like to take this opportunity to thank you for your presentation at the Safety Summit for Alcoa. It was very well presented and you got your message across and I enjoyed it very much. My crew would really benefit from your presentation but I would like to take it a step further. Our wives and partners are the ones who mainly prepare ours and our children's meals so it would be a good idea to get them involved as well. You have really opened my eyes but it would be better if everyone's eyes were opened too.

ROSEMARIE WINSOR, Registered Nurse & Practice Nurse Education Officer

"I have been very impressed with the easy to understand, eye opening information that Helen provides. There is often much confusion around our basic body and nutrition requirements and this is reflected in the many health challenges of today. With her refreshing style, accurate information and interesting format, Helen is able to take the confusion and frustration away and inspire us to make the lifestyle changes that can make a real difference to our health".