

thebestof

NATURAL NUTRITION FOR TRUE HEALTH

Offer Expiry Date
09/09/2018

Can only be used at
Fuller Nutrition
Fuller Nutrition, Les Domaines, Rue Des
Messuriers, St Saviours, Guernsey
GY7 9SN.

Tel: 07781 161802



Description/Terms and Conditions

5 classes over 6 weeks starting 9th Sept, 23rd, 30th, 7th + 14th October.

10-12pm Sundays @ St Saviour's Community Centre

Cost: £175

This course has been designed to take you on an amazing journey to discover your body's wherewithal to heal through diet and lifestyle. We will unlock the mysteries behind dis-ease, discovering their root cause and overturning the fear which causes conventional disciplines to choose suppressive ways to cure symptoms.

Understanding the root cause requires us to address our body's needs at cellular level so we will delve deep into the workings of the cell for a short time. A little scientific, but necessary, since we are all made up of many, many cells which are the building blocks of our blood, our organs, our hormones, our system, our everything. We will branch out into our need to cleanse daily, what this has to do with our toxic load and the best ways and means to do this using our diet and naturopathic principles.

Lastly, we will look at other holistic diagnostic systems which we can use to inform us about our health, universal principles and finally touch on our emotions, past and present since their influence is profound. Mid-way through each session, there will be a 10 minute break and a chance to taste some healthy food and drink samples, giving you the inspiration to perhaps try them at home. There will also be the chance to have a cup of herbal tea afterwards and an informal chat. A practical homework will be set each week to give you the option to make your own changes towards True Health.

For further details or to reserve your place, please contact Sophie - mail@fullernutrition.com or call 07781 161802

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