

## **Juicing Greens and Smoothies**

With

**Nadia Brydon, Medical Herbalist, Natural Health  
Educator & Living Food Chef**

### **For side effects of chemotherapy and radiotherapy, hormone treatments, menopausal symptoms and detoxing**

Learn which green juices smoothies and sprouts may help protect the body and minimise side effects of surgery, chemo and radiotherapy and hormone treatments.

Juices and smoothies can help bring a sense of peace and calm to a stressed mind and body. Come and learn the secrets of how and why.

Learn how to combine delicious cooling green veggie juices to help reduce hot flushes whether from The Menopause or hormone treatments.

Learn about wheatgrass, why, when and how much to drink and where to buy it.

Find out what juices help bring a peaceful, cool, nights sleep, for boosting the immune system, detoxing, improve energy, for stress, painful joints, circulation, protect fertility, speed up healing or simply to quench thirst.

Learn how to add mineral rich seaweeds, algae and Superfoods to green juices for increased memory, energy and calm.

See different juicers in action to help you decide on the right juicer for you. Learn where to buy the veg, seeds, sprouts and fresh organic Aloe Vera leaves, what equipment you need and where to get it.

**Wednesday 29<sup>th</sup> October 2008  
2.30 – 4.30pm**

**Please book at reception 020 7384 0099  
Suggested Minimum Donation £10.00**

Registered Charity Number 1061726