



Glenville

NUTRITION

CENTRES CLINICS COURSES



Dr Marilyn Glenville PhD Tour Balancing Your Hormones - Naturally Feb 29th - March 5th 2016

Don't miss this opportunity to come and see Dr Marilyn Glenville PhD, the UK's leading nutritionist specialising in women's health.

You will find out how to use food, vitamins and minerals to

- Increase your energy
- Eliminate mood swings
- Improve your memory
- Reduce stress
- Lose weight, without dieting.

Dr Glenville's talk will cover:

- ✓ Learn about the 7 important dietary steps that all women should know to help balance their hormones
- ✓ What to eat to balance your hormones including PMS, menopause, PCOS, fibroids and endometriosis
- ✓ The truth about soya and phytoestrogens are they good or bad for you?
- ✓ The effects of foreign oestrogens coming in from our environment, how do you recognise them and what can you do to avoid them.
- ✓ How beneficial bacteria in your digestive system balance your hormones
- ✓ What vitamins, minerals and herbs help balance your hormones naturally
- ✓ Case study and GNC clinic protocols presented by Heather Leeson BA, Dip Nutritional Therapy, mNTOI,

Book your tickets now

| Location | Date | Time | Price | Ticket Purchase |
|---|----------------------|--------------|-------|--|
| CORK Clarion Hotel | Monday 29th February | 7 - 9.30pm | €15 | Here's Health www.hereshealth.ie 021 427 8101 |
| TRALEE Manor West Hotel | Tuesday 1st March | 7 - 9.30pm | €15 | Horan's Health Store, Manor West 066 7180690 |
| KILKENNY Kilkenny Ormonde Hotel | Wednesday 2nd March | 7 - 9.30pm | €15 | The Good Earth, Kilkenny City 056 775 2664 |
| NEWBRIDGE Keadeen Hotel | Thursday 3rd March | 7 - 9.30pm | €15 | Nature's Option, Newbridge 045 432439 |
| DUBLIN Talbot Hotel (formerly Stillorgan Park Hotel) | Saturday 5th March | 10 - 12.30pm | €15 | Tickets from www.naturalmedicine.ie 045 865575 |

Book your place now!

Do not miss this opportunity to learn from the UK's leading natural health professional

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- ✓ Do you want to improve your health and overall feeling of wellbeing?
- ✓ Are you and your partner trying to conceive?
- ✓ Do you have hormone-related health issues or osteoporosis?

Glenville Nutrition Clinics are here to get you back into good health and to help you to stay well into the future, naturally!

Founded by Dr Marilyn Glenville PhD, the UK and Ireland's leading authority on women's health and nutrition, Glenville Nutrition Clinics can help you achieve good health, naturally.



Heather Leeson

Heather Leeson BA, Dip Nutritional Therapy, mNTOI, who heads Glenville Nutrition in Ireland says, 'Our nutritional approach means we don't just address your symptoms - we deal with your underlying health issues to help you feel better faster and for the long term. Our skilled nutritionists will work with you to develop a personal nutritional plan, tailored to your specific needs and to address the root cause of your health concerns.'

All our nutritionists are trained to Dr Glenville's highest standards ensuring the very best nutritional advice for you. Your health is the most important thing you have and at The Glenville Nutrition Clinics we aim to provide you with everything you need to take control of your health'.

**Call us today for more information
or to book an appointment**

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