

24th February -
2nd March 2019

Cork, Bantry, Galway, Cavan,
Kilkenny, Wexford, Dublin

Exploding The Diet Myths

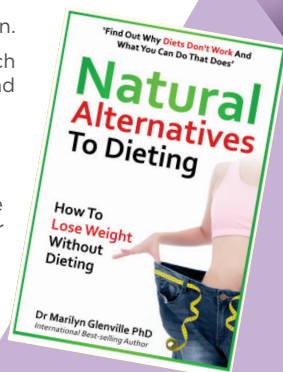
Dr Marilyn Glenville PhD Tour

Don't miss this opportunity to come and see Dr Marilyn Glenville PhD, the UK's leading nutritionist specialising in women's health. Come to this talk to find out why diets don't work and what does.

Dr Glenville's talk will cover

- Do calories count and are all calories equal?
- Paleo versus keto versus intermittent fasting - do they work?
- How effective are vegan and vegetarian diets for weight loss and how to keep yourself healthy on them.
- Does the timing of your food make a difference?
- Think of a number diet 5:2, 16:8, 12:12 - this talk will sort out the confusion.
- Show you how to eat if your weight is piling on around your middle which can increase your risk of breast cancer, type 2 diabetes, heart disease and Alzheimer's.
- Find out what to eat to give you a way of eating that becomes a way of life and helps you to be healthy and live longer.
- Find out what nutrients can help you to lose weight faster, what exercise works best and does your DNA hold the clue to your ideal way to eat for weight loss and health.

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Full Details Here

<http://bit.ly/MarilynGlenvilleTour2019>

Date	City	Venue	Time
Sun 24th Feb, 2019	Cork	Rochestown Park Hotel	2.15-5.00pm
Mon 25th Feb, 2019	Bantry	Maritime Hotel	6.45-9.30pm
Tues 26th Feb, 2019	Galway	G Hotel, Dublin Rd	6.45-9.30pm
Wed 27th Feb, 2019	Cavan	Hotel Kilmore	6.45-9.30pm
Thurs 28th Feb, 2019	Kilkenny	Kilbride Suite Ormonde Hotel	6.45-9.30pm
Friday 1st March, 2019	Wexford	Talbot Hotel	6.45-9.30pm
Sat 2nd March, 2019	Dublin	Hilton Hotel, Charlemont St	9.45am-12.30pm

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

For more information please see www.naturalmedicine.ie.



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