



NATURAL ALTERNATIVES TO HRT

In the morning workshop you will discover Dr Glenville's breakthrough approach to the menopause – one that gives you choice, control and freedom. You will find out:

- What you need to know about HRT – and what are the alternatives
- How to avoid the symptoms of the menopause using vitamins, minerals, herbs and phytoestrogens (plant oestrogen).
- How to plan your own food supplement programme
- How to boost energy, improve health and balance your emotions
- What you can do to prevent osteoporosis

When you attend this workshop you will also get a personalised supplement analysis. This will tell you what supplements you personally need to balance any vitamin and mineral deficiencies revealed in your analysis.

FAT AROUND THE MIDDLE

In the afternoon workshop, Dr Glenville presents her latest findings, based on her major new book 'Fat Around The Middle'. If you are one of the many women who are 'apple shaped' - and this can happen at any age - you will learn exactly why fat builds up around your waist, and come away with a practical 12-week plan for helping you get rid of this unsightly bulge. You will discover:

- Dr Glenville's simple 3-month 'Lose Your Belly' Programme
- What foods to eat – and avoid – for a trim tummy
- Vitamins and minerals that help change your body shape faster
- How to stop the stress hormones, adrenaline and cortisol from storing belly fat
- The breakthrough genetic tests that reveal the foods and supplements that work best for you



Come to one or both of these half-day workshops to discover what you can do to stay healthy through the menopause, and effective natural ways to lose that unsightly bulge around your middle.

In the morning workshop, you will find out how to take control of the physical and emotional changes caused by the menopause, and how to prevent osteoporosis.

The afternoon session explains exactly why fat builds up around your middle, and gives you a simple new action plan for getting rid of the bulge for good.

Dr Marilyn Glenville PhD is the UK's leading nutritional therapist specialising in women's health problems. Her workshops are informal, relaxed and easygoing. She gives specific advice so you go away with practical ideas to use on a day-to-day basis. There will be time at the end of each session for questions and discussion.



Dr Glenville will also bring an advanced bone scanning machine so that during the day - for a small extra charge - you will have the opportunity to check your risk of osteoporosis.



Women of all ages are inspired by Marilyn's unique presentations. Her vitality and engaging style are both stimulating and highly informative. Dr Marilyn Glenville PhD is an international speaker and bestselling author of seven books on women's health including 'Natural Alternatives To HRT', 'Natural Alternatives To Dieting' and her latest book, 'Fat Around The Middle'. She appears regularly on the TV, radio and in the press and specialises in the natural approach to female hormone problems.

So if you are worried about the menopause, concerned about the possible side effects of HRT and want to prevent osteoporosis – and want to discover how to lose that problem tummy once and for all – come to one or both of these acclaimed workshops.

For more information and to reserve your ticket(s) please call 0161 273 4878



“These Internationally best-selling books by Dr Marilyn Glenville can change your life”

Fat Around The Middle

Explains exactly why fat builds up around your belly - and details a practical plan to help you get rid of this unsightly bulge once and for all.



The New Natural Alternatives To HRT

How to stay healthy through the Menopause and prevent Osteoporosis



Healthy Eating For The Menopause

Over 100 new & delicious recipes for you and your family to enjoy



Available from Eighth Day Co-operative or at workshop

BOOKING FORM

Yes please send me

.....Single Workshop Tickets £25
Full Day Tickets £40

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WHAT YOU WILL LEARN FROM THESE WORKSHOPS

NATURAL ALTERNATIVES TO HRT

10am - 1pm
 including break for refreshments

You will discover the menopause is not a hormone deficiency disease but a natural stage in your life. You will find out when it's most likely to occur and what happens to your hormones. Easy, practical day-to-day ways to overcome menopausal symptoms including which foods to eat and avoid, and why.

The questions Dr Glenville will answer:

- HRT – what is it and how does it work? What are the side effects?
- What is ‘natural’ progesterone?
- How can you prevent specific symptoms?
- What to take for hot flushes, vaginal dryness, lack of energy, mood swings, and lack of sex drive?
- Sorting out the confusion over supplements – and which are a waste of money?
- Which vitamins and minerals are important in the menopause? And which herbal remedies?
- What tests are available to assess your state of health at the menopause?
- How can you prevent osteoporosis naturally? Which foods should you eat or avoid?
- How can you prevent calcium loss during the menopause?
- How can you test for osteoporosis?

At this workshop you will receive a free supplement analysis showing what vitamins and minerals you personally need to balance any deficiencies revealed by the analysis. You will also have the chance to check the current state of your bone health on a state-of-the-art ultrasound bone density scanner. There is a small additional charge for this

FAT AROUND THE MIDDLE

2pm - 5pm
 including break for refreshments

Find out why, for many women of all ages, fat tends to settle around the middle. And why every time you eat, your body has two choices – either to burn that food as energy or store it as fat. You’ll discover the health risks involved in being ‘apple shaped’. And that the remedy for a fat belly is not just a matter of reducing calories and harder exercise.

The workshop will answer these vital questions:

- Why are you fat around the middle? And why is it not about just what you are eating?
- Why is food on its own not the solution?
- Why didn't any of your previous diets shift this fat?
- Why is it dangerous to your health? And in what ways?
- What vitamins and minerals are best to take to change your body shape faster?
- How should you exercise to help get rid of the fat around your middle?
- What's best to eat to get your body in shape - and keep it that way?
- What genetic tests can you undergo to find out what foods and supplements you should and shouldn't be using due to your genetic make-up?

For more information, visit Dr Glenville's website: www.marilynglenville.com

Attend both workshops and **SAVE £10**

TWO ESSENTIAL WORKSHOPS FOR WOMEN IN ONE DAY

WITH **Dr MARILYN GLENVILLE PhD**

FAT AROUND THE MIDDLE

‘For women of all ages how to lose that bulge for good’

and

NATURAL ALTERNATIVES TO HRT

‘How to stay healthy through the menopause and prevent osteoporosis’

Saturday 11th November 2006

The Renold Building
 The University of Manchester,
 Sackville Street Site, Manchester M60 1QD