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Glenville

NUTRITION

CENTRES CLINICS COURSES



Dr Marilyn Glenville PhD Tour Your 7 Step Brain Protection Plan

Wednesday 1st - Tuesday 7th March 2017

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

Find Out How Nutrition Can Improve Your Memory, Concentration, And Focus And Also Reduce Your Risk of Dementia And Alzheimer's

In this life changing talk Dr Glenville will be sharing with you the most up-to-date and ground-breaking scientific breakthroughs and discoveries to help you reduce your risk and even in some cases reverse the symptoms of Alzheimer's and dementia.

At this talk you will find out

- The no. 1 diet tip to help protect your brain
- What the difference is between Alzheimer's and dementia
- How making the wrong food choices can be harmful to your brain health - no matter what age you are
- Which supplements can help improve and boost your brain function
- What lifestyle factors can help reverse memory loss including exercise, sleep and brain training
- The most important tests to keep your brain healthy
- **A simple 7 Step Brain Protection Plan** to help keep your brain as alert at 90 as it was at 21

Location	Date	Time	Price	Ticket Purchase
NEWBRIDGE Keadeen Hotel	Wednesday 1st March	7 - 9.30pm	€15	Nature's Option, Newbridge 045 432439
GALWAY Radisson Blu	Thursday 2nd March	7 - 9.30pm	€15	Evergreen outlets or www.evergreen.ie 091 753236
DUBLIN Talbot Hotel, Stillorgan	Saturday 4th March	10 - 12.30pm	€15	Tickets from www.naturalmedicine.ie 045 865575
CORK Clayton Hotel	Sunday 5th March	2.30 - 5pm	€15	Here's Health, Patrick St., Douglas S/C, Wilton Point S/C www.hereshealth.ie 021 4278101
KILKENNY (Ormonde Hotel)	Monday 6th March	7 - 9.30pm	€15	The Good Earth, Kilkenny City 0567752664
CAVAN Hotel Kylemore	Tuesday 7th March	7 - 9.30pm	€15	Back to Nature 049 4361019

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

- ✓ 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?

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 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.'



Heather Leeson

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**

Dublin: 01 4020777 info@glenvillenutrition.ie
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