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The
Eric
Liddell

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MEET THE EXPERTS!



On Saturday 8th October we have arranged a veritable smorgasbord of the best in natural health advice for you with our inaugural Healthy Lifestyle Event.

We have assembled the Magnificent Seven of talks, covering a range of topics, from the latest in Vitamin D research (relevant to every Scot) to the Secrets of Superskin.

The event will be held in the Merchants' Hall at 22 Hanover Street, just on the corner with Rose Street. The Hall is a beautiful and comfortable place to spend a day absorbing the latest natural health news under the magnificent Victorian dome.

In addition to the seven key talks there will be an exhibition upstairs with allergy testing from Gareth Zeal, therapies from our friends at Neal's Yard Remedies, free individual health advice, offers, and samplings from our key suppliers in supplements, herbs, foods, and bodycare – enough to keep you busy all day!

But let us tell you about the talks...

Fighting Inflammation Naturally

Alex Kirchin, top nutrition bod at Solgar UK, kicks off the day with his talk on the perils of chronic inflammation, a

problem more of us suffer from than is obvious. Alex will show us how to reduce problems caused by inflammation through changes to diet and lifestyle, as well as supplements.

It Takes Guts To Be Healthy

Former Hanover Healthfoods employee, Eileen Durward, now working for A.Vogel, will take us through some of the common digestive problems from heartburn to constipation. Not the most glorious of subjects but troubling for many people, and digestion is the key to being properly nourished. A fact most people know but many put out of their minds on the way through the processed foods in the supermarket. Eileen will steer on the right course to stop such problems occurring again.

End Of The Cholesterol Era

Glasgow GP, Tom Gilhooly, gives the first of our talks today by a medical doctor. Tom is an inspiring speaker who doesn't mince his words. We saw this talk at Olympia earlier this year and thought it impressive.

Tom has looked at all the research around cholesterol and heart disease and has come up with some very interesting conclusions with implications for literally everyone attending.

Beautiful Bees and Honey Hive Health

Yvonne Black is an Australian qualified naturopath who admits to being 'inspired' by the brief we have given her. Yvonne works for the largest New Zealand producer of Manuka honey and her talk will encompass not only that remarkable food but also all the other incredible stuff that bees produce, such as propolis and pollen. Definitely a great pre-winter talk to head to!

Have You Seen The Light: Vitamin D Lowdown

Another essential pre-winter talk will be given by Dr Helga Rhein, an Edinburgh
continued overleaf >>>>

