

IMPROVE YOUR METABOLISM

...improve your physical and mental health

Metabolism - the chemical reactions in the body's cells that change food into energy.

Come along and find out how improving your metabolism can help improve your health, sense of wellbeing and prevent chronic conditions. In this session we will cover:

- why poor metabolic health can be the root of conditions like type 2 diabetes, fatigue, joint pain, high blood pressure, fatty liver, food cravings, PCOS and low mood
- tips on nutrition that will help improve your metabolism and energy levels
- the role gut health plays and how food and mood are connected
- physical activity – getting the right balance
- the relationship between stress, sleep and metabolism
- tests to assess metabolic health and a Q&A.

Our presenters

Nicola and Beck are experienced health professionals who work with individuals and groups to improve a range of health conditions.

They're both passionate about helping people find and maintain a flexible, relaxed and balanced approach to food and eating.

This 3-hour session offers great value (costing less than the average 1-hour individual consultation). It's time to invest in your future health and wellbeing.



DR NICOLA LOWTH

Dietitian
Clinical Nutritionist
Eating Disorder Clinician



BECK NEWTON

Dietitian
Registered Nurse
Diabetes Educator
Eating Disorder Clinician

LIMITED PLACES AVAILABLE

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SATURDAY, 18 FEBRUARY 2023
1 PM - 4 PM

11 LIMOSA CLOSE, STIRLING, WA