

Dr Evelien Van Amerongen - Holistic Detoxification on all 5 Levels of your Body

Removing toxins from the cells, organs and tissues safely and effectively is paramount to lasting health and to the treatment of any physical, mental or emotional illness. In this talk by Dr. Evelien Van Amerongen, you'll learn about the 5 level approach to healing the physical body.

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Konstantinos Kapelas - Why Vegans/Vegetarians Have Higher Oxygen & Good pH

Learn how hundreds of chronic diseases can be explained from habitually breathing above the healthy norm due to consumption of animal products, processed food and generally overeating. The more you over-breathe, the more disturbed your body chemistry and the more severe your body imbalance! totalhealthnow.co.uk



Skip the Naked Health Detective - How To Detox Your Life

What is life when we get down to it's fundamental essence? It's energy. We either have it or we don't and feel numb. It can be positive and constructive, or negative and destructive. Are you someone that could benefit by learning how to tap into more energy? Physically, Mentally, Emotionally & Spiritually. If so, come and watch Skip! He'll inspire you and amaze you. Around the world they called him The Miracle Man - come and you'll see why. skipsnakedhealth.com



Brendan Brazier - Vegan Sports Nutrition: How to Boost Athletic Performance on a Plant-Based Diet

Based on Brendan's proven method, learn how to successfully transition to a plant-based diet that will significantly boost athletic performance. How to avoid the common pitfalls and ensure all nutritional needs are met. brendanbrazier.com



Pete Ryan and Alex Mitchell - Nutrition & Exercise For Size, Strength & Health

Amateur vegan bodybuilder Alex Mitchell & nutritionist Pete Ryan will give you the skinny on adding strength & size to your body while maintaining maximum health. Alex & Pete will cover dietary choices, their benefits & pitfalls; training options, and methods to maximise results. veganbodybuilding.org



Veronika Powell - The Safety Of Soya - Is Soya A Superfood Or Health Risk?

It's hard to decide what to believe about soya - some praise it as a super-bean, others warn against it. Find out what the latest scientific research and experts on the topic say! viva.org.uk



Stephen Walsh - Good Health Without Animal Products

Typical vegetarian and vegan diets offer important advantages for health, particularly less saturated fat and cholesterol and lower risk of obesity. However, the right choices on a plant-based diet are critical to getting the maximum benefit. This talk provides clear guidelines for maximising the benefits. vegansociety.com



Marianna Sulic - What Is Naturopathic Nutrition?

Naturopathic Nutrition stresses the use of whole, organic foods as medicine - an integral concept of healing in many indigenous societies. Today, we see that a return to chemical-free foods, along with other dietary measures, is an effective answer to many health complaints and common conditions, as well as anti-ageing and making the most of your natural beauty. naturopathy-uk.com

