

TAKE ACTION

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Low mood affects up to 20% of us at any one time, so everyone is likely to experience some form of it at one time or another. Many periods of low mood can be almost eradicated by following the simple steps in this guide and by following my signature Mood & Energy programme. Not only because this addresses many of the physical causes of low mood, but also because you are spending your time focusing on a positive action plan and learning new things rather than ruminating about problems.

To find out more about how a nutrition & lifestyle programme can help, email or visit my website to book a free call with me.

