



**Two Essential Health & Beauty
Workshops for Women of all Ages**
SATURDAY, 7TH NOVEMBER
Webster University, Geneva



Natural Alternatives to HRT

**“How to Stay Healthy through the Menopause
and Prevent Osteoporosis”**

Morning Session 10:00 – 13:00

During this workshop you will discover:

- What you need to know about HRT – and what are the alternatives.
- How to avoid the symptoms of the menopause using vitamins, minerals, herbs and phytoestrogens (plant oestrogens).
- How to plan your own food supplement programme.
- How to boost your energy, improve your health, and balance your emotions.
- What you need to know about Osteoporosis: the risk factors, what you can do to prevent and/or treat it nutritionally.

Natural Beauty from the Inside-Out

**“How to use Nutrition to keep you Young and Healthy.
Discover the Truth about Cosmetics and your Skincare Products”**

Afternoon Session 14:30 – 17:30

During this workshop you will discover:

- How you can change your diet to slow down the ageing process.
- Which vitamins, minerals and other nutrients can help keep you young and healthy.
- Why certain ingredients in cosmetic and skincare products are toxic.
- What to look for when choosing toiletries.
- Why fat around the middle ages you more quickly and what to do about it.

Two workshops by Dr Marilyn Glenville PhD
The UK’s Leading Nutritionist Specialising in Women’s Health
will be interviewed on WRS (88.4 FM)
at 13:00 on Tuesday, 27th October and Tuesday, 3rd November.

**Register now for one or both of these workshops
and Stay Young and Healthy from the Inside-Out**

Full Day: Sfr 167. Half Day Workshops: Sfr 97.

Come with a friend for a half day: Sfr. 83!

For more information and to register:

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Dr Marilyn Glenville PhD is the UK’s most renowned nutritionist specialising in the natural approach to female hormone problems. She is an international speaker and bestselling author of eight books on women’s health including “New Alternatives to HRT”, “Fat around the Middle”, “Osteoporosis – the Silent Epidemic”. She is the President of the Food and Health Forum at the Royal Society of Medicine and appears regularly on the TV, radio and in the press.

www.marilynglenville.com