

INSPIRING AND LIFE CHANGING

FOOD FOR LIFE

Changing Habits Changing Lives

Wednesday 10 March 2010
from 7 to 9pm

Premier Inn
Pentwyn Road, Pentwyn, Cardiff CF23 7XY

Tickets £10 for adults; £5 for students,
un-waged and senior citizens

For more information and bookings contact
UK Thermomix on 01344 622 344

FOOD FOR LIFE

WITH CYNDI O'MEARA

WWW.CHANGINGHABITS.COM.AU

TICKETS AVAILABLE BY
CALLING 01344 622 344

What you will learn and more

Fats

Good and Bad

You will be surprised to hear that good fats come from nature including saturated fat and bad fats are made in a chemical laboratory like margarine and vegetable oil



Moods

ADD ADHD

Food, sunlight and exercise are important factors in the treatment of anxiety, ADD, and depression. You will be amazed at the research.

Label Reading



Ingredients

Reading ingredient labels will never be the same once you hear the facts on nutrition labels. They are not what they seem!

Chocolate Cake

How to make a healthy chocolate cake

Believe it or not but this is possible, once you learn that yummy food that you thought was fattening can actually be healthy for you, it is very liberating.

Antibiotics

How to never take another antibiotic

Your immune system and genetic potential can be improved by the food you eat.

“Medical Research shows that many lifestyle diseases such as HD, cancer, diabetes, ADD and depression are directly caused by an engineered and manipulated food supply focused on profit instead of health and most people don't even know they are consuming these foods.” Cyndi O'Meara

CHANGING HABITS CHANGING LIVES

Confused about food?
Concerned about what you are feeding your children?
Have no idea what to feed your family? Are additives harming your health? Is the supermarket a nightmare? Do you understand what you are eating? Lacking Energy? Don't know what to cook anymore?



We'll at last here is a no-nonsense, to the point workshop/talk that will teach you how to make the best food choices for you and your family - forever. Cyndi O'Meara will show you how the food manufacturers and advertisers of the world are sucking you into believing you are eating well, whilst feeding their own pockets. And she will teach you why it is important to reclaim your

power and treat your body to lip-smacking, nutritious, energising meals again. Food shopping, cooking and eating will never be the same!

Cyndi O'Meara is not your typical nutritionist, she disagrees with low-fat, low-calorie diets, thinks chocolate can be good for you, butter is better and coffee is not so bad. She is a breath of fresh air, she will teach you a set of principles which will improve your health and well being.

Cyndi O'Meara
Best Selling
Author and
Nutritionist.

