

Vitamin N's workshops outline

5 Most Popular Seminars

Sugar Blues:

- Constantly craving sweets and want to understand why?
- How to gain control without willpower or deprivation
- The effects of sugar on health, energy levels, and emotional state of mind
- Natural sugar alternatives vs. artificial sweeteners
- The importance of healthy sugars

Eating For Energy:

- What is energy?
- Factors that contribute to our sense of energy and vitality
- Foods that increase our energy or decrease it
- Primary and secondary foods
- The most suitable foods for the busy lifestyle

The ABC's of whole foods

- What are whole foods?
- Why are they important?



Vitamin N's workshops outline

- Clear up your confusion about food & nutrition now!
- Live food Vs dead foods
- Food & health – what's the connection?

Deconstructing Cravings:

- What are cravings?
- Learning to listen to our body's needs
- How to overcome unhealthy cravings with out will power or deprivation

Wellness At Work:

- Staying healthy in a fast pace environment
- Effects of sugar
- Finding balance in lifestyle
- Stress management
- Foods for energy and focus

