

Seeds of Change

20th – 22nd January 2017

with Gareth Edwards & Daphne Lambert

A whole weekend with award winning healing foods medicinal chef and the UK's leading alkaline nutrition expert, learning how to achieve optimum health and vitality. This enlightening weekend takes place nestled in a Devon valley on Trill Farm and gives you a unique opportunity to explore your health.



"I came away on the Sunday evening feeling enthused, excited and with so much knowledge that I can carry forward and apply in a very real way to my life. These are tools for LIFE."

Features include:

Live and dry blood analysis together with a diet review

Revitalising walks on a 300-acre farm

Demonstrations on ways of preparing nourishing food including juicing, wheat grass growing, sprouting and traditional preservation methods

Morning yoga

Presentations on:

eat well - live well

water – the gift of life

understanding blood analysis

Hands on experience of preparing vibrant living food

Maximum 10 participants. (small group attention guaranteed).

Take home with you:

Living food – *a feast for soil & soul* by Daphne Lambert

A selection of seeds for sprouting

50% discount voucher on follow up blood analysis (in London)

25% discount voucher on Living Food feast in April 2017 (in Lewes)

"After an amazing time at Trill Farm with Gareth and Daphne, I left really inspired. The next day I awoke feeling refreshed and full of positive spirit and energy"

Price: £450 per person sharing a twin-bedded room at Trill Farm in the eco guest house.

Early bird £395.00 if you book by November 30th 2016. £410 for bookings made before 20th Dec.

Includes all food, accommodation, yoga & blood analysis. Everything except transport to Trill!

Thursday evening accommodation is available for an additional £75.00 including breakfast & lunch

Learn more about [Gareth & Daphne](#)

To book your place go to <http://www.food-for-life.co.uk/events-weekend-course-info.shtml>

For further information daphne@greencuisine.org gareth@food-for-life.co.uk

Directions to [Trill](#)

Find out more about [Trill](#)

Find out more about [blood microscopy](#)

About your presenters:

Daphne Lambert: Raw Foods Expert & Medical Nutritionist

Daphne has been a chef for over 30 years many of which were spent running her organic restaurant on the Welsh borders.

It was the first restaurant to be certified as organic by the Soil Association and won the prestigious 'You' magazine Organic Restaurant of the Year Award in 2002.



Constantly writing, researching and teaching, Daphne is a qualified medicinal nutritionist and founded a charitable trust, Greencuisine in 1995. Her teaching focuses on hands-on work in the kitchen, for people to experience the joy of preparing organic, vibrant, living foods. She promotes health and wellbeing to professional organisations in the UK and has recently completed two unique books on seasonal eating and fermenting. She has written and contributed to several further highly successful recipe books.

Gareth Edwards BSc. Dipion.: UK's Leading Alkaline Diet Nutritionist & Blood Microscopist

Gareth runs a busy Nutritional therapy practice in the south and west end of London. He competes successfully at National and International levels in sailing and overcame several health challenges using a food based approach. Gareth now focuses on helping people understand the importance of plant based diets and nutrition in achieving optimum health.



He has visited the Hippocrates Health Institute in Florida and been trained by American micro-biologist Robert Young. Gareth has been a nutrition columnist for the Daily Star and the highly successful alkaline web business Energise for Life. "The opportunity to help people "re-learn" the importance of soil and fresh foods in human nutrition is why I became a nutritional therapist", says Gareth.

For more information contact
Daphne
m. 07796 686629
daphne@greencuisine.org

or Gareth
t. 020 7223 8865
gareth@food-for-life.co.uk