

INTERMITTENT LIVING: A VACCINE FOR MODERN LIFE

SATURDAY 28TH MARCH 2020
HOLIDAY INN CARDIFF NORTH M4, JCT 32, CARDIFF CF15 7AD

EVENT OUTLINE

Components of intermittent living (which includes intermittent fasting, hypoxia, heat and cold) have been successfully implemented for weight loss, improved body composition, pain management, diabetes control, improved cognitive function and more.

The principles of intermittent living comprise solid, evidence-based solutions to modern life with 10 years of research and clinical evidence supporting every stage, backed further by 15 years of lifestyle research.

LEARNING OUTCOMES

- An understanding of the components of intermittent living
- An understanding of the application of intermittent living
- An appreciation of the evidence base for intermittent living

SPEAKER: Jamie Richards

Jamie Richards is a Bristol and South West based nutrition, health and performance consultancy offering a wide range of solutions for individuals, organisations, teams and athletes. Regain health, optimise weight and improve performance in every aspect of life. Jamie trained at the Institute of Optimum Nutrition and more recently qualified as a Clinical Psychoneuroimmunologist with the Natura Foundation. He lectures around the UK and currently has clinics in Bristol, Pamington, Portishead and Dursley.

PROGRAMME

09.00 - Registration
09.30 - Seminar begins
17.00 - Close
Lunch is included

REGISTRATION FEES

RCC Members: £99
Non-Members: £145

Online registration and payment are available at www.bit.ly/RCCevents

To register and pay via card/ bank transfer please contact the RCC directly on **0118-9469727** or at: admin@rcc-uk.org.

Cancellations: Fees will be refunded, less a £10 administration charge, for all cancellations received at least 10 days before the event.

No refunds can be given after this date.

****Please do not attend this event unless you have received confirmation of a place and joining instructions****