

No More Overeating, with Alena Wednesday 31st October 10:30-11:30am

**A simple strategy on how to stop eating before we get too full,
and why it is vital for a good health**

- Resolve digestive issues
- Allow your body to better assimilate nutrients from your food
- Have more energy and focus
- Prevent weight gain
- Reduce toxic build-up
- Tune into your body's cues and signals
- Prevent or reverse chronic diseases



Come and join Alena at another talk from the series on positive lifestyle changes towards vibrant health, so you can enjoy life to the fullest. This time, Alena will bring more clarity into what happens in our bodies when we eat too much, explain how we can recognise signals our bodies send us, and share a simple strategy that will help you effectively stop overeating for good, whilst getting most enjoyment and nourishment from the food you eat.

Date: Wednesday October 31st

Time: 10.30-11.30

Cost: £10

[Booking here](#)

For more information contact Alena at 07598 356 352 or AvacadoAndBeyond@gmail.com