



SAFFRON WELLNESS



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HEALTH & NUTRITION TALKS

The principles of good nutrition

This talk looks at the nutritional needs of the human body and how today's "western" diet looks nothing like that of our ancestors. We will cut through the dogma and help you make the connection between how you feel and the daily food choices you're making. You will come away with a better understanding for how we can use food to protect ourselves from disease, improve our mood, boost our energy and live a more vital life.

Eating for a stronger immune system

This talk explores the basics of the immune system and how it works to protect us. We discuss the diet and lifestyle habits that weaken, and the foods and nutrients that bolster, immunity. You'll leave armed with strategies to reduce your chances of catching cold and accelerate healing when you do in order to get you back on your feet, ASAP.

Nutrition strategies for good mental health

In this talk you'll learn about what the brain needs to stay healthy. We'll explore common mental health disorders and what can go wrong when our brain's nutritional needs are not met. You'll learn about the most important foods and nutrients for the brain and some practical lifestyle tips that support good mental health into old age.

Eating for better energy throughout the day

This talk will cover the basics of how the body makes energy and what can disrupt that process. You will come away with a better understanding of what the body needs to feel energised, the habits that sabotage our reserves and some dietary strategies that you can use immediately to support better energy throughout the day.

“Employees that feel better,
perform better.”



HEALTH & NUTRITION TALKS

The role of sleep in health

In this talk we'll explore the science of why we sleep and it's implications in health. We'll unpick the various ways our sleep patterns can get out of whack and reveal proven strategies to put them right, including lifestyle factors, diet and the essential nutrients that are needed, giving you the tools to once again become the sleeping beauty you were born to be.

Optimising female health

In this talk we'll look at female health through the lens of hormone balance. We'll discuss the key female hormones, how they work together and the symptoms experienced when this delicate balancing act gets disrupted. We'll give you simple and effective diet and lifestyle strategies that you can adopt immediately to help rebalance your hormones, reduce PMS or menopausal symptoms and optimise your health.

Calming the unsettled gut

Healthy digestion is paramount to all aspects of health, including energy, immunity, skin and the health of our brain. In this 1-hour talk we'll look at what causes the most common gut symptoms. We'll then arm you with the strategies that you can use to improve your own digestion and reduce symptoms and we'll show you how you can take back control of your own gut health, naturally.

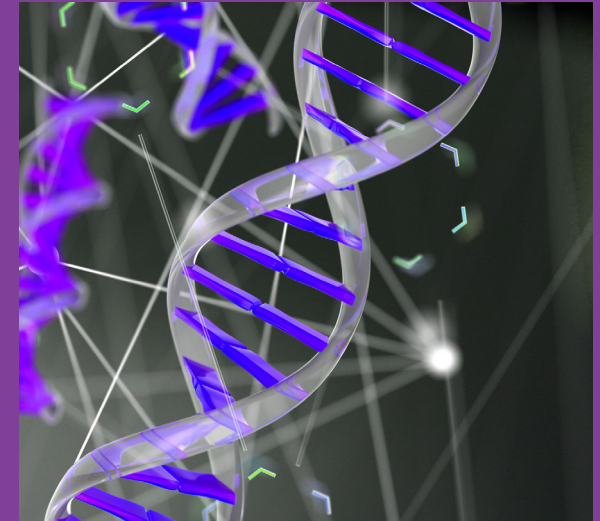
Eating for a healthy heart

Cardiovascular disease is the UK's biggest killer yet research shows it is preventable. In this talk we'll explore the early signs of heart disease and what actually causes plaque to build up in our arteries. We'll discuss the role of cholesterol, blood pressure and the cardiovascular system and you'll learn the diet and lifestyle fundamentals that are proven to support health, vitality and a plaque-free circulatory system.

“We aim to empower individuals with the practical health information they need to make diet and lifestyle choices that lead to better health outcomes.”



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Mike Murphy

DiplON, mBANT, rCNHC, mIFM

Registered Nutritional Therapist &
Health Educator

TESTIMONIALS

”Mike is so interesting to listen to. He pitched it to the team with just the right amount of science to make his nutrition talk engaging and easy to understand. There is a noticeable healthier difference in the foods and snacks that I now see on the desks around the office.”

Jonathan Turner - MD, *The Together Agency*, Nottingham

“A huge thank you for coming into school yesterday. Your presentation was the talk of the staff room today. The staff were very impressed with the information that you gave them and the way it was delivered. I genuinely think you changed the way several members of staff look at the way they eat and drink.”

Michael Clark - Head of School, *Roydon Primary Academy*

“Mike did a really good job of touching on the impacts of nutrition on mental health. He definitely made me rethink what I am eating and when. I really liked his slide on the insulin cycle.”

MBA Student - *London Business School*

“Thanks so much for coming in and giving a health talk today. The people that attended have said to me how interesting and informative they found it. As for me, your useful tips have made me reconsider the food I bring for lunch and the snack choices I make everyday.

Jemma Molloy - Learning and Development Advisor - *The Children’s Society*

BIO

Before entering the field of nutritional medicine, Mike spent more than 25 years in the corporate world where he learned first-hand how taking your diet for granted can damage your health.

Originally from San Diego, California, he now runs a nutritional therapy clinic in Saffron Walden, Essex and specialises in digestive disorders, hormone balance, auto-immune conditions and anti-ageing nutrition. His company provides education, coaching and targeted nutritional therapy to individuals, companies and schools. He lectures at the world-renowned, London-based Institute for Optimum Nutrition and is also a resident nutrition expert for In:Spa Retreats. He is passionate about empowering his clients and the wider community by teaching them how they can take back control of their own health, naturally.

SERVICES

Saffron Wellness provides nutritional therapy and health coaching to individuals with chronic health conditions as well as to those looking for expert advice and support to promote health, vitality and healthy ageing.

We also work with companies to improve the well-being of their employees by providing education on all aspects of health and delivering individualised nutrition and lifestyle-based programmes. Nutritional therapy is recognised as a complementary medicine and nutritional therapists frequently work alongside GP’s and/or other medical professionals involved in their client’s care.



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