

The principles of good nutrition

- Are you sick and tired of being sick and tired
- Do you want better health for yourself and your family
- Are you confused by all the conflicting advice

With more than 70% of disease linked to diet and lifestyle, maybe Hippocrates was on to something when he famously said "Let food be thy medicine and medicine be thy food". But in today's jungle, we're surrounded by fake food and bombarded with often conflicting advice from the media, the food industry and our government as to what we should be eating. This talk looks at the nutritional needs of the human body and how today's diet looks nothing like that of our ancestors. We will cut through the dogma to explain what constitutes good nutrition and look at some of the common foods that are making us sick, helping 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 better energy throughout the day

- Do you find it hard to get going in the morning?
- Does your energy dip in the afternoon?
- Do you rely on caffeine or sugar to keep you going?

This talk will cover the basics of how the body makes energy and what can get in the way of that process. It discusses the daily diet and lifestyle choices that can either support sustained energy throughout the day or deplete our energy reserves leaving us feeling drained, exhausted and/or craving sugar and caffeine. You will come away with a better understanding of what the body needs to feel energised and alert, the habits that may be sabotaging your reserves and some dietary strategies that you can use immediately to support better energy throughout the day.

Calming the angry gut - strategies to optimise digestion

- Do you frequently experience digestive symptoms such as bloating, wind, pain, cramps, constipation, diarrhoea or acid reflux?
- Do certain foods cause you stomach upset or indigestion?
- Would you like to know more about the causes of these symptoms and what you can do about it?

Healthy digestion is paramount for all aspects of health, including energy, immunity, skin and the health of our brain and all body tissues. But in today's fast-paced world, with our diets of convenience combined with frequent use of antibiotics and over-the-counter medications many of us suffer digestive problems in silence. In this 1-hour talk we will discuss the human gut and its role in overall health. We'll look at how the digestive system can go wrong and explore the key causes of 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, including the foods to eat, the foods to avoid and we'll show you how you can take back control of your own gut health, naturally.



After more than 25 years in the corporate arena and over 4 million air miles, Mike Murphy discovered first-hand how taking your health for granted can take years off your life and life off your years. He discovered his passion for nutritional medicine and is now a registered nutritional therapist and health educator. He founded Saffron Wellness in 2015 and his company is dedicated to helping people make the connection between how they feel and the consistent diet and lifestyle choices they make. Through education, coaching and targeted lifestyle medicine, Mike's mission is to empower individuals, families, companies and schools to take control of their own health, naturally.

Eating for a stronger immune system

- Are you surrounded by colds and flus?
- Do you seem to pick up every bug going around?
- When you do get sick, does it take ages to get over it?

This talk explores the basics of the immune system, how it works to protect us and what it needs to function properly. We'll discuss the diet and lifestyle habits that weaken your immune system leaving you open to infections. We explore the key foods and nutrients that help bolster immunity to give us the best protection against lurgies. You will come away with a better understanding of what you can do to reduce the frequency of colds and flus in your household and you'll be armed with strategies to accelerate healing when you do get sick in order to get you back on your feet, asap.

Optimising Female Health (before, during and after menopause)

- Do you suffer from PMS or other hormone-related conditions (PCOS, Endometriosis, Fibroids)?
- Do you experience irregular, painful or heavy periods? Or perhaps none?
- Have you wondered what causes these issues and what you can do about it naturally?

In this talk we'll look at female health through the lens of hormone balance. We'll discuss the key female hormones, the role they play in everyday health and how they work together. We'll look at how easily this balancing act between the sex hormones can be disrupted, the symptoms that can be experienced and the key factors involved in hormone imbalance. Finally, we'll teach you what you can do about it and give you simple and effective dietary and lifestyle strategies that you can adopt immediately to help rebalance your hormones, reduce pms or menopausal symptoms and optimise female health.

The role of sleep in health (and how to improve it)

- Do you get enough sleep? How much is enough?
- Do you feel rested when you wake and have energy all day?
- Are you curious about the role of sleep in health?

Have you wondered why we spend approximately one third of our life asleep? What is the role of sleep in health and why can't we survive for long without it? Did you know that 40% of the UK population are sleep deprived and sleep deprivation can be linked to all kinds of health conditions, including Alzheimer's, heart disease, type 2 diabetes, not to mention low energy, hormone imbalances and problems with digestion. In this talk we'll explore the science of why we sleep and its implications to staying healthy. We'll unpick the various reasons for how our sleep patterns can get out of whack and other factors involved in insomnia and sleep disturbance. Finally we'll reveal key lifestyle strategies and solutions for a better night's sleep. We'll also discuss diet and essential nutrients that are needed, giving you the tools to once again become the sleeping beauty you were born to be.



Mike Murphy is a Registered Nutritional Therapist and health educator. Before entering the field of health and corporate wellness, he spent more than 25 years as a sales and marketing executive in the IT industry where he learned first-hand how taking your diet for granted can damage your health. Upon discovering the subject of Nutritional Medicine, he went back to school and ultimately changed careers. Originally from San Diego, California, he now runs a nutritional therapy clinic in Saffron Walden, Essex and specialises in digestive disorders, hormone balance, weight loss and anti-ageing nutrition. His company provides education, coaching and targeted nutritional therapy to individuals, families, companies and schools. 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.

Preventing Alzheimer's and Dementia

- Do you have a close family member or friend suffering from Dementia?
- Are you experiencing difficulty with concentration or memory?
- Would you like to learn strategies for protecting and improving brain health

Today, more 50 million people worldwide have been diagnosed with Alzheimer's or Dementia and this figure is expected to double over the next 20 years. This disease currently costs the UK tax payer £26 billion a year - more than heart disease, stroke and cancer combined! Yet, promising new research is emerging that is proving that this disease can be prevented, slowed down and, in some cases, reversed, if caught early enough, by adopting powerful nutrition and lifestyle strategies.

In this talk you'll learn about what the brain needs to stay healthy. We'll explore Alzheimer's and Dementia as a disease process and look at the key contributing dietary and lifestyle factors that increase our chances for getting this disease. We'll then discuss the ground-breaking research that is showing us what we all can do to prevent cognitive decline and help to ensure a healthy brain well into old age.

Eating for a Healthy Heart

- Do you suffer from high blood pressure or high cholesterol?
- Does heart disease or stroke run in your family?
- Are you interested in learning what causes heart disease and how you can prevent it?

Cardiovascular disease is the UK's biggest killer accounting for 1/4th of all deaths and claiming more than 150,000 lives per year; one every 3 minutes. Today, more than 7 million people are living with the disease in the UK with an estimated annual healthcare cost of £9 billion a year! Yet, research clearly shows this costly killer is preventable and can even be reversed by adopting simple diet and lifestyle changes that in many cases, with your doctor's guidance, can result in reducing or discontinuing many medications.

In this talk we'll look at the role of cholesterol, blood pressure and the cardiovascular system in nourishing all of our cells. We'll discuss various forms of heart disease and look at some of the early signs and symptoms. You'll learn what causes plaque to build up in the arteries in the first place - and it's probably not what you think. We'll look at how the guidelines to follow a low-fat diet have not helped and we'll debunk the myths and expose the real science. You'll learn the diet and lifestyle fundamentals that are proven to support health, vitality and a plaque-free circulatory system.

Nutrition for Mental Health

- Do you, or someone you know, struggle with mental health problems?
- Do you regularly experience anxiety, depression or stress?
- Would you like to learn more about the role of nutrition in mental health?

Mental health problems are one of the main causes of disease burden worldwide. Depression is thought to be the second leading cause of disability and its estimated that 1 in 6 people experience a mental health problem every week. From anxiety and depression to ADHD and autism to learning disabilities and anger management issues, mental health encompasses our emotional, psychological and social well-being as well as how we think, feel, act and relate to others.

The brain is one of the most complex - and hungriest - of organs. It is thought that roughly 20% of all our nutritional intake goes towards its function. In this talk you'll learn about what the brain needs to stay healthy. We'll explore common mental health disorders and we'll look at what can go wrong when our brain's nutritional needs are not met. We'll then discuss the most important nutrients needed for optimal brain function and the foods that contain these nutrients. You'll come away with a better understanding of the key nutrition principles to feed the brain well and some practical lifestyle tips that support good mental health.