



Seven Life-Changing Strategies

These two 90-minute presentations feature cutting-edge research and strategies to ensure a longer, healthier, happier life. Healthy farms need healthy farmers and these two invaluable presentations are designed to achieve that goal.

Seven Life Changing Strategies – Part 1

1) Diet Discoveries – 71% of premature death relates to lifestyle and diet, so it can be a game changer to understand a more productive, proactive approach. Here you will learn about the multiple benefits of intermittent fasting. You will understand the role of green smoothies and juice fasts. You will discover that fat is good and your body and brain desperately need good fats, including saturated fats and more omega-3 fats. You will also discover the inflammatory liability of lectins and how to limit and neutralise these pervasive toxins.

2) Defusing the Blood Pressure Time Bomb – One in three of us has high blood pressure and it is actually our largest killer. Here we will discuss proactive strategies to lower your blood pressure, without succumbing to a lifetime prescription of hypertension medication. You will come to understand that high blood sugar, stroke, CHD and Alzheimer's may all actually be stages on one continuum. There can be huge benefits in getting back to root causes and solving your problem.

3) Pathways to Peace and Happiness – Your level of happiness is your measure of a successful life. Here we will explore productive techniques to boost happiness. You will discover different ways to view problems, where they can be seen as a learning opportunity, an asset rather than a liability. You will learn how positivity breeds positivity while negativity creates misery.

Seven Life Changing Strategies – Part 2

4) Productive Exercises – In our time starved world, we often begrudge the time allocated to staying fit and healthy. Sports scientists have discovered several simple exercise routines that create maximum rewards for minimum time investment. Learn about the nitrous oxide dump, peak 8 training, the Tibetan 5 rites, the Golden Cockerel and lymphatic cleansing exercises. You can now stay vibrant, with an investment of less than 4 hours per week.

5) Avoid Bastardised Food – Diet need not be a complex science. It is quite simple. Whole foods contain everything we need. They feature cofactors that maximize the performance of each nutrient. These cofactors are missing in most supplements. Here, we will look at the idiocy of food processing and stabilisation. There will be a particular focus upon our most popular food, bread. Your state of health is written all over your supermarket trolley. The more processed food in that trolley, the greater your health issues and the lesser your happiness.

6) Protect your Brain – Your brain cells do not replace themselves, like every other cell in your body. Hence, they must be supported and protected. Alzheimer's now claims one in four people over 65, so we are obviously lacking that protection. Discover the strategies to nurture the essence of you – your precious brain. You will understand the nutrients, neuro-transmitters, fatty acids, anti-inflammatories and antioxidants to embrace, for ongoing mental wellness and clarity.

7) Reduce your Stress – Stress is amongst our largest killers and many of us flounder in an ocean of anxiety. Here, you will learn the tricks to disperse and counter this destructive influence. You will understand the science of meditation and other key stress-busting strategies, and you will discover strategies to address relationship stress and general anxiety.

Bookings are Essential
Register Today →

Cost: \$80.00 (incl. GST)

Date: Friday 22nd March, 2019

Time: 8:30 am – 12:00 pm

Location: 7 Harvest Road
Yandina, QLD 4561 Australia

Morning Tea will be provided

To Register Contact Chris:
07 5472 9900
chris@nutri-tech.com.au

NTS Certificate in Nutrition Farming®



Registration Form

Monday 18th – Friday 22nd March, 2019

Please email, fax or post your completed registration form, along with credit card details or cheque to Chris:

Email: chris@nutri-tech.com.au | Fax : +61 7 5472 9999 | Post: PO BOX 338, Eumundi, QLD 4562

Please note: Registration closes Friday 15th March at 4:00pm AEST. Bookings received after this will not be accepted.

Mr / Mrs / Ms / Miss / Prof / Dr (please select one)

First Name: _____ Last Name: _____

Company/Organisation: _____ Position/Job Title: _____

Mailing Address: _____

Suburb: _____ State: _____ Postcode: _____ Country: _____

Phone: _____ Fax: _____

Mobile: _____ Email: _____

Attending Mon – Thurs + optional half-day Friday (\$799 incl. GST): Yes / No

Attending Mon – Thurs only (\$799 incl. GST): Yes / No

Attending Selected Days:

Mon (\$199 incl. GST) Tues (\$199 incl. GST) Wed (\$199 incl. GST) Thurs (\$199 incl. GST) Fri (\$80 incl. GST)

Special Diet/Requirements? If yes, please specify: _____

What sector of the industry do you represent?

Horticulture Crop: _____ / Broadacre Crop: _____

Beef/Sheep / Dairy / Government / Educational Institute / NTS Distributor / Other: _____

How did you hear about the Certificate course? _____

Do you want to receive information on accommodation/attractions in the area? Yes / No

Payment (full payment is required to secure your seat):

Total Amount Due (AUD): \$ _____ Receipt Made Out To: _____

Direct Payment: Please contact Chris for details.

Cheque Enclosed: (please make cheques payable to Nutri-Tech Solutions Pty Ltd)

Credit Card: (please tick)

VISA / MASTERCARD

Card Number: | _ | _ | _ | _ | _ | _ | _ | _ | _ | _ | _ | _ | _ | _ | _ | _ | CVV: _____

Signature: _____ Expiry Date: _____