



Health and fitness day review

Join Life Coach Carolyn Free-Pearce for a free life makeover workshop in the River Room. Collect your VIP Entrance certificate from the Good Food Shop from 4th Feb and arrive at 9:50am for a 10am start. Those attending will receive some great assessment tools and gift certificate for a private telecoaching session.

Do the eyes tell all? Try an Iridology assessment by Josephine Burn and be amazed.

Want to know about the health benefits of honey and bee products? Visit the New Zealand Natural Food Co stall.

Interested in Japanese and Macrobiotic Food? Visit the Clearspring stall in the foyer where there will delicious dishes to sample.

Jill Preston will be offering taster sessions of Indian Head Massage. These are always very popular, so don't forget to come along early and book in! Jill is going to Sarajevo with the charity Healing Hands and all proceeds from the treatments will go towards funding her trip.

Don't forget to enter the FREE Prize Draw on the day. Prizes include hotel stays, magazine subscriptions, books, vitamins and much more....

The Hertford Health and Fitness Day is taking place on Saturday 22nd February 2003 at Castle Hall in Hertford hosted by The Good Food Shop and Hertford Natural Therapy Centre. Admission is £3, children free. The show will be open between 10am and 5pm. We will have over 50 exhibitors with stalls, talks, taster sessions and demonstrations. Free goody bags and samples will be given to visitors looking for inspiration to improve their health, fitness and well being for 2003.

The stalls will feature many therapies including reflexology, acupuncture, osteopathy, magnet therapy, aura readings and iridology. Local gyms, yoga centres and other health care professionals will be on hand to give you up to date advice for whatever ailment or health concern you may have. Throughout the day there will be an array of over 20 free talks including seminars on Nutrition, Hypnotherapy, Detox and Slimming, Women's Health, magnet therapy and digestion (see over). Vegetarian food and refreshments will be available throughout the day in the foyer from Down to Earth Wholefoods in Ware.



Get fit for 2003 at the Hertford Health and Fitness Day

Special offers throughout the show.... Discount vouchers for food sensitivity testing, buy one get one free on Health Perception supplements, discounts on EAS and Twinlab sports supplements, Bional products and ESI echinacea and more....

Do you want to change your career? Visit the Middlesex School of Complementary Therapy stand for details of courses.

Is the microwave radiation emitted by mobile phones cooking our brains? Several studies have linked use of mobiles to brain tumours, headaches and memory loss. A report published recently in the New Scientist suggested radio waves from mobiles could promote the growth of tumours. However, the mobile phone industry and the Government both claim they pose no health risks. If you're worried about mobile phone safety a new gadget could help ease your concerns. The RF3 headset uses a hollow tube to send sound waves from your phone up to your ear and its design is based on a doctor's stethoscope. Featured in the Daily Express (Jan 28th), it costs £20.95 and will be on display at the Health and Fitness Day at the Bional stand.

Come and meet our new Herbalist, Eva Jochum for a free assessment or chat about herbal medicine and how it can help you. Herbal medicine is the longest established form of medicine in the world. It uses plants to treat illness and promote well-being and provides a safe and effective system of healthcare for young and old. Dietary and lifestyle advice often play an important part in treatment and enable patients to be more in control of their health. Many conditions benefit from herbal medicine, such as skin problems, arthritis, digestive and bowel problems, women's health, infections and stress-related conditions....

Hertford Health and Fitness Day
Saturday 22nd February 2003 10am-5pm
Programme of Events

River Room (Talks)

- 10:00 7 Keys to Living a Fulfilling Life by Carolyn Free-Pearce (55minutes)*
- 11:00 Hypnotherapy for Weight Loss by Keith Chopping, Hertford Natural Therapy Centre (25 minutes)
- 11:30 Women's Health by John Steenson, Viridian Nutrition Ltd (55 minutes)
- 12:30 Manuka Honey by New Zealand Natural Food Co Ltd (25 minutes)
- 13:00 Detoxing and Slimming for the New Year by Gareth Zeal, FSC Vitamins Ltd (55 minutes)
- 14:00 Arthritis by John Steenson, Viridian Nutrition Ltd (55 minutes)
- 15:00 Digestion by Solgar Vitamins (55 minutes)
- 16:00 The Journey by Martin Nathanael (50 minutes)

*For those wishing to attend the the 7 Keys to Living a Fulfilling Life miniworkshop, VIP Early Entrance at 9:50am for a 10:00am start is available. Please purchase tickets at the Good Food Shop.

Foyer (Talks)

- 10:30 Vertical Reflex Therapy by Kathleen Doyle (25 minutes)
- 11:00 Osteopathy by Julia Philpot, Hertford Natural Therapy Centre (25 minutes)
- 11:30 Magnet Therapy and Far Infrared Therapy by Theresa Wells (25 minutes)
- 12:00 Chiropractic by Robert Clad (25 minutes)
- 12:30 Imagework/Creative Visualisation by Bryan Andrews (25 minutes)
- 13:00 Oriental Health Talk by Liz Welch, Hertford Natural Therapy Centre (25 minutes)
- 13:30 Neuro-Developmental Delay-Helping Children with Learning Difficulties by Ann Finch, Hertford Natural Therapy Centre (25 minutes)
- 14:00 Reiki by Mari Stevenson, Hertford Natural Therapy Centre (25 minutes)
- 14:30 Nutrition by Debbie Baxter (25 minutes)
- 15:00 Alexander Technique by Beauchamp Bagnel (25 minutes)
- 15:30 Nonviolent Communication as described by Marshall Rosenberg (25 minutes)
- 16:00 EMF Therapy by Pamela Ann Sinclair, Hertford Natural Therapy Centre (25 minutes)
- 16:30 Psychic Awareness by Tracy Higgs, Hertford Natural Therapy Centre (25 minutes)

Stage Demonstrations

- 11:00 Ware Yoga
- 11:30 Tai Chi by Liz Welch, Hertford Natural Therapy Centre
- 12:30 Pilates by Hertford Yoga Centre
- 13:00 Indian Head Massage by Middlesex School of Complementary Therapy
- 13:30 Karate by Hertford Karate Club
- 14:30 Ware Yoga
- 15:00 Shiatsu by Liz Welch, Hertford Natural Therapy Centre
- 15:30 Ashtanga Yoga by Hertford Yoga Centre

The list is correct at time of printing but is subject to change.