



## Outline of services for corporate clients

### Psychology rating scale “stress tests”

These can be conducted among company employees via Inside Out Nutrition’s online accredited test. This will generate individual reports that can then be analysed for a group presentation and compared against the national average Vs optimum levels, as identified by qualified nutritional therapy practitioners.

### Food Calculator software

Dietary software tools can also be used to identify macro- and micro-nutrient deficiencies among a workforce and compared against recommended government guidelines, national averages and optimum levels. Food diaries would be deployed in advance electronically. These can be tailored to client requirements in a presentation/workshop setting or on an individual basis via an HR manager.

### Nutrition-Based Presentations

The following corporate presentations are each 1-1.5hr in length. This can include workshop-style activities, for example, Interpreting food labels. These presentations can also be reduced to 45mins duration, depending on specific client requirements.

#### Vitality 4 Life

Tired of feeling sick and tired? If getting up in the morning is a struggle and you feel as though you’re functioning at half speed in the office, then learn how to increase your vitality and productivity through a series of simple steps. Understand the impact food and beverage choices have on energy levels, and how to control the blood-sugar rollercoaster to help you get back on top of life again.

#### Improving the 3 Ms: Mood, Memory and Motivation

Does your brain feel like it’s stuck in reverse? Is your memory failing? Do you wish you were more motivated, alert and better focused at work? Food plays a crucial role in keeping your brain healthy. Any nutrient deficiencies can impact your mood and prevent your mind from working efficiently. In this workshop we explore techniques to help your brain run at peak performance to improve mood, memory and motivation for improved productivity in business.

#### Tackling Stress Factors

The damaging effects of stress are far reaching, and currently account for 75-90% of visits to primary care health professionals. Consequently, chronic stress is now one of the most prevalent health problems in the western world. But how do we know when to take our foot off the gas and slow down? Learn how to deal with stress factors by recognising the sources, early signs and symptoms of chronic stress and stop the negative effects in their tracks before you or your workforce reaches burnout.

#### Are Some Foods Making you Sick?

With allergies and food intolerances on the increase, many niggling health issues are being attributed to certain foods and additives. Discover the truth behind the rising tide of eczema, asthma, psoriasis and digestive problems such as IBS, and how to improve these symptoms without having to restrict foods you love for life. Learn how to make informed choices by understanding how to read food labels to identify the hidden “nasties” that could be making you sick.

#### Halting Chronic Disease

The modern Western diet has been blamed as a major contributory factor for the huge increases in diabetes, cancer and heart disease. This is not surprising given a typical daily menu leads people to be overfed and undernourished and is heavily reliant on processed convenience foods, snacks on the run, and overcooked meals that lack sufficient vitamins, minerals, plant chemicals and fibre. All are essential to regain and maintain health and a feeling of wellbeing. When we throw the stresses of modern living into the mix, a lack of exercise and over indulgence in stimulants (alcohol, caffeine, tobacco), it’s easy to understand how the health of the general population has degenerated over time. Our health is our most important asset. But less and less of us are fully equipped to protect it. Yet there exists overwhelming evidence that the big killer diseases could be prevented and may even be rapidly reversed, simply by adopting a healthier lifestyle. Learn how to make simple, achievable changes to reduce your risks and enable you to live life to the full for longer.

#### How Toxic are You?

Poor dietary habits, smoking and excessive alcohol are not solely to blame for filling our bodies with toxins. Food storage and cooking methods and environmental pollutants from household cleaning products, as well as the very air we breathe, also bombard our bodies with toxins. If our bodies are not healthy enough to get rid of these toxins, over time they build up, get stored in our fatty tissues, and may be associated with the underlying causes of many degenerative diseases simply accepted as part of the ageing process. Learn how to recognise the unexplained symptoms of a toxic body and how to detox safely. It may help you lose weight, feel younger, fitter, more supple and boost your general vitality.

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### Breaking Addictions

Fighting an addiction to caffeine, alcohol, tobacco and sugar and can't see your way through the fog? Any addiction has its highs and lows, whether you rely on sugar, caffeine, cigarettes or alcohol to get through your day. By balancing your body's biochemistry you can find out how to break your addictive patterns and be the master of your body, rather than a slave to your cravings. Find out how:

- Your brain becomes addicted and how to reverse this
- Escape from the stress-sugar-stimulant-cigarette trap
- How to get a good night's sleep without drugs or alcohol
- How to stop craving alcohol and relax without it
- Up your energy without sugar, stimulants and cigarettes
- Break out of the addictive cycle and banish symptoms for good

### Balancing Hormones

#### (presentations for men and women)

Do you struggle to perform at your best at certain times of the month, are you concerned about a history of breast cancer in your family, or do you simply want to better manage your teenagers' moods? This workshop will provide simple strategies to help balance hormones and mood, promote clear skin and lift flagging energy levels. The Broda Barnes temperature test would be conducted in advance among female attendees to indicate if there is a risk of a sub-clinically underactive thyroid. For men concerned about prostate cancer, understand the potential link with male menopause and how best to support the body to minimise risk.

## Courses

**The following course can be delivered in three training sessions over a 6-week period. Each session combines two of the presentations listed below and would last approximately 1-1.5hr with refreshment break in between.**

### Comprehensive Health & Weight Management Course

Your health is your most important asset. But are you fully equipped to protect it? Or do you struggle to maintain a healthy weight? We aim to empower people to take charge of their own health by making simple and realistic changes to their current daily diets, and by guiding them through the confusing mountain of information out there about what to eat. In just six short sessions we can highlight the essential body basics and illustrate how everyday foods and beverages can support individuals in the life they desire. Plus, we will inform about the most effective diets to find a sensible strategy for life-long health and weight management without the struggle and guilt that often accompanies mealtimes. Food is to be enjoyed, not denied!

Be informed by the experts on:

- Portion control
- Sugars
- Fats and oils
- Liver and gut support
- Food intolerances (in association with Food Detective)
- Hormone balance

Food diaries would be taken in advance and stress tests conducted via Inside Out Nutrition's online testing facility.

