

## Vital You — Invest in Yourself !

Sue and Adele are a dynamic team. Together they address symptoms such as:

- Insomnia and sleep-related disorders (including jetlag)
- Digestive problems (bloating, stomach pain, constipation and IBS)
- Weight Management
- Anxiety and depression
- Aching muscles and joints
- Headaches and migraines

At Warren House, we are delighted to offer this exclusive opportunity to our members and their friends.

It is an investment in your long term well being, with a remarkable opportunity to restore yourself to optimal health.



Sue Firth is a stress expert, regularly presenting and running workshops. "Much has been written in the media about stress, and a lot of it is negative. But in fact, stress can be a good thing, as our bodies naturally respond well to increased pressure by motivating us to perform. The trick is determining how to positively thrive on it, rather than negatively drown in it."

Sue holds both a Bachelor of Science and a Masters Degree. She is a member of the British Psychological Society, The International Stress Management Association, The Health Professions Council, and The Academy for Chief Executives. She regularly appears in the media and was a guest expert on ITV's This Morning & Panorama. Sue has consultancy practices in Central London's Harley Street and Surrey and has recently become the stress expert for the London Sleep Centre— a leader in the provision of diagnostic and treatment services for people with sleep disorders and related medical and psychological conditions.



Adele Wolstenhulme specialises in health and wellness, focussing on preventing lifestyle related conditions such as cancer, cardiovascular disease, obesity and diabetes. Adele believes that nutritional therapy can make a real difference. "Very few of us realise how fantastic we could feel just by following a few simple rules, making the odd adjustment and planning ahead."

Adele runs a busy private practice in Harley Street and is the nutritional therapy expert for the London Sleep Centre. She is an ION-trained practitioner, registered with the Nutritional Therapy Council ; the Complementary & Natural Healthcare Council and the NHS Directory of Complementary and Alternative Practitioners for GP referrals. The British Association of Nutritional Therapy and Applied Nutrition recently engaged Adele to raise awareness of nutritional therapy among the public and within the media—due in part to her work as a BBC nutrition commentator and as a mini-series creator for Sky Sports' Soccer Am, which she will also appear in.



THE HAMMERSLEY CONNECTION

*A Time to Enjoy – A Place to Relax*

Vital You—An Investment in Yourself, Tailored over Five Sessions

2011

## Vital You at Warren House A programme of Health and Vitality that will change your life. For Good.

5-session course  
starting in March 2011.  
Exclusively at  
Warren House.

Special introductory  
price of £65 per  
session when booking  
all 5 sessions;  
£80 for individual  
sessions.



Warren House, together with Harley Street experts Sue Firth, renowned stress psychologist, and Adele Wolstenhulme, nutritional therapy practitioner, introduces **Vital You**, a life changing well-being programme exclusively for Hammersley Connection members and Friends.

Over a course of four months, Sue and Adele will accompany you on a journey that will make a real difference to your lifestyle.

**Vital You** is a tailored modular programme that allows you to reconnect with your inner self. Tackling lifestyle choices around health and well being, Sue and Adele will provide the knowledge



and assistance required to allow you to make a real change.

### Vital You - A Real Difference

You will learn the fundamentals of eating, how to identify the right nutrients your body needs to find its healthy, ideal weight that suits your lifestyle, while understanding the psychology of stress and how that works against a healthy body.

THE HAMMERSLEY CONNECTION

Warren House, Warren Road, Kingston upon Thames, Surrey KT2 7HY

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## Session 1: Setting The Scene: The Diet Trap, Kicking The Habit

*Imagine you are a car. The road ahead is your life. Would you knowingly fill up with the wrong fuel or oil ?*

In this session understand:

- The barriers to weight loss. Dispel the myths behind diets and take control of your body.
- Just how stressful is dieting and struggling with food. Learn to manage the stress and break the cycle. Protecting serotonin is the key.

You will walk away with the nutritional knowledge to live a healthy life and an ability to recognise and understand your own attachments to food. You will also walk away with a sound knowledge of how to take control of your own health by recognising symptoms and managing them through better food and lifestyle choices.

## Session 2: Get off The Rollercoasters !

In this session understand why:

- Balancing blood sugar is the foundation to health and a healthy weight. So how do we become insulin resistant?
- Emotions are energy in motion - a reaction to the a situation - and food doesn't provide the answer. Emotions affect the adrenals, liver, heart and brain. It is essential that we release them and not store them. If not, they make us vulnerable to struggle and holding on to weight when we try to lose it. Break the emotional attachment to food and gain emotional independence and confidence.

You will walk away with top nutritional knowledge to live a healthy life and an ability to recognise what you might be doing with food. You will learn how to successfully balance your blood sugar and spot signs of metabolic imbalances, including adrenal fatigue and a "faulty" thyroid.

## Session 3: Seeking Serotonin and Understanding Digestion

In this session understand why:

- When we are stressed we don't digest. Can stress prevent us from managing a healthy weight?
- We need Serotonin to help regulate appetite, mood and sleep but it is little understood, frequently undervalued and under promoted. It is affected by stress and level drops in our brains, so when we try and diet, or when we experience anything that makes us anxious, we affect levels of Serotonin. During the day Serotonin will drop and we are tricked into looking for sugar. This is a mistake, as answering this need with sugar doesn't solve the real problem. What we need to do is boost Serotonin and hunt for the right solution.

You will walk away with knowledge of the basics in digestion and what indigestion really means. You will also gain an understanding of how vital serotonin is and how we can boost it.

## Session 4: Feel it in Your Gut...and See it in The Mirror.

In this session understand:

- Could you be intolerant to certain foods? When does IBS lead to IBD and the GP?
- When you look in the mirror and don't like what you see, you get anxious. You feel the need to soothe, and turn to diet solutions. Learn to boost self esteem and balance your view of yourself. It is a better solution than food.

You will walk away with the ability to spot food intolerance and toxic overload, and how to make changes to reverse the problems. You will also have a better understanding of self esteem and body image, and how they are linked to so many things we do.

## Session 5: Control for Life: Managing Your Body and Enjoying it!

In this session understand:

- How to "tune" up your liver - your body's powerhouse and detox organ—to manage weight loss. Apply your personal roadmap to healthy weight and vitality.
- Weight loss isn't a skill that some people have and others don't. Understand health and well being and then adopt your formula for success. Why we should incorporate exercise in your life.

You will walk away with an appreciation of your ability to succeed using positive self talk and bite-sized goals. You will also be able to kick start your spring clean using a checklist for lasting changes to your daily menu, giving you optimal health and well being well into old age.

## Vital You Programme Details

The **Vital You** programme starts this March. The sessions will be held on Fridays in the morning at Warren House in Kingston-upon-Thames, starting at 09.30am and finishing at 12.45pm. Refreshments will be served during the sessions.

As part of the course, Sue and Adele will be arming you with tips and tools that include CDs and books to support your journey on this programme.

There is a special price of £65 each session when booking for the whole five sessions. Otherwise, individual sessions are at £80 each.

Warren House will also be organising the same programme later on during the year over two weekends to accommodate interested people who cannot make the following dates. Please let us know if you are interested.

### Dates for Vital You at Warren House 2011

Friday March 4th, 2011 and Friday March 25th, 2011

Friday April 8th, 2011, Friday May 6th, 2011 and Friday June 10th, 2011

**Please contact Karyn Biddles to confirm your place today on 0208 974 7116 or email [karyn@thehammerseleyconnection.com](mailto:karyn@thehammerseleyconnection.com).**