

ACHIEVE OPTIMAL HEALTH, LOSE WEIGHT & FEEL YOUR BEST

# Paleo Nutrition Seminar

Over 60% of the food we eat today is foreign to our hunter gatherer genes



Humans are suffering health problems like never before: overeating, obesity, fatigue, type 2 diabetes, digestive issues and auto-immune diseases.

- What foods contribute to our weight and appetite dysregulation – and how?
- How does food & lifestyle contribute to inflammation, gut problems & auto-immune disease?
- The role of carbohydrate, protein and fat in your body
- How much carbohydrate, protein & fat should you eat for your performance and weight goals?
- How do you eat to get maximum appetite control so weight loss is effortless?
- Understand the drivers of your stone-age brain, and how the modern food environment will sabotage your health and weight loss efforts
- Sun, sleep and exercise – how lifestyle factors play a critical role in health and weight loss
- I'll show you exactly how to work out how much to eat & a meal template for you

## About the presenter



Julianne Taylor is a Registered Nurse and nutritionist (Grad Cert Sci; Nutrition, Massey). Julianne is a Certified Zone Instructor, and is one of NZ's leading experts in Paleo nutrition. Her passion for the paleo diet resulted from finding her own health and that of her clients was markedly better following paleo principles.

Blog: <http://paleozonenutrition.com>

When: Wednesday 3rd December 6.30—9.15pm

Place: Grey Lynn community Centre, 510 Richmond Rd, Grey Lynn

Cost: \$45.00 per person (includes 60 page handbook)

Register: via PayPal button on website <http://paleozonenutrition.com>  
or email [juliannetaylor@xtra.co.nz](mailto:juliannetaylor@xtra.co.nz). Phone 09 3781573