

DATES	TOPIC	HOURS	NOTES	PRICE
<b>DECEMBER 2017</b>				
<b>SUNDAY</b> <b>December</b> <b>3rd 2017</b>  <b>SUNDAY</b> <b>March 11<sup>th</sup></b> <b>2018</b> 11.00am to 4.00pm  Includes a light lunch of tasty fermented foods	<b>LEARN HOW TO FERMENT FOODS SAFELY, THEIR BENEFITS AND HOW TO EAT THEM</b> The role of fermented foods in its ability to influence our microbiome is considerable. Learn the reasons why and how to get the most from your fermented foods. Additionally Margaret will be sharing her lifelong experience of fermenting vegetables. This will be a chance for you to experience hands on the best way to ferment safely at home. <b><i>The day includes a light lunch and an opportunity to taste lacto-fermented vegetables.</i></b> <b>WHO IS THIS COURSE FOR?</b> This course is open to anyone that wishes to know more about the microbiome, the role of probiotic in health and disease and how to easily incorporate lacto-fermentation in the diet. Nutritionist and dieticians interested in coaching their clients Colonic hydrotherapists looking to expand their knowledge <b>WHAT AREA WILL BE COVERED?</b> Different types of fermentation pros and cons How to lacto-ferment safely at home: an opportunity to ask everything you have always wanted to know on the subject	5 hours	Open to anyone with a personal interest	£95 for the day  Includes a light lunch of tasty fermented foods
<b>JANUARY 2018</b>				
<b>FRIDAY</b> <b>January</b> <b>26<sup>th</sup> 2018</b>  9.30am to 4.30pm	<b>VISCERAL MASSAGE :</b> Oftentimes tension and poor posture lead to pain and dysfunction of viscera. When looking at digestive health it is important to also look at the physical element. This relates to <ul style="list-style-type: none"> <li>• The Fascia that provides support and anchor for the organs</li> <li>• The Spatial alignment that allows for the organs to thrive without compression or distortion</li> </ul> <b>WHO IS THIS COURSE FOR?</b> Colon hydrotherapists looking to provide a more focussed massage as part of their treatment Massage and other Physical therapist wanting to develop their skills <b>WHAT AREA WILL BE COVERED?</b> Technique to develop “listening” skill in order to be more attuned to the tensions and misalignments of the viscera Particular attention will be paid to the diaphragm and its relationship with the liver, stomach and bowel Techniques to help release liver and stomach “ligaments”	7 hours	Compulsory CPD to 1 <sup>st</sup> year colonic practitioners without advanced bodywork background	Day rate £130  Student concession £115

	FEBRUARY 2018			
<b>FRIDAY February 16<sup>th</sup> 2018</b>  Morning session 9.00am to 1.00pm	<b>UNDERSTANDING THE MICROBIOME AND PRESCRIBING THE CORRECT PROBIOTIC :</b> The role of probiotic in its ability to influence our microbiome is often misunderstood and consequently poorly utilised. To understand probiotic it is important to also understand <b>what</b> makes a gut microbe beneficial or not. Interactions between organisms is what makes the gut microbiome the relatively stable ecosystem that it is and where we have to look to be able to influence it. This seminar is an opportunity to review the research on the effect of specific probiotics on different conditions and what it means in terms of treatment prescription <b>WHO IS THIS COURSE FOR?</b> This course is open to anyone that wishes to know more about the microbiome, the role of probiotic in health and disease and how to prescribe it. Nutritionist and dieticians interested in coaching their clients Colonic hydrotherapists looking to expand their knowledge <b>WHAT AREA WILL BE COVERED?</b> Research about the microbiome Types of probiotics available and their use The pro-and cons of using a specific organism to influence symptoms How to lacto-ferment safely at home: an opportunity to ask everything you have always wanted to know on the subject Tasting of lacto-fermented vegetables	4 hours	Compulsory CPD to 1 <sup>st</sup> year colonic practitioners	Per module £95  Day rate £130  Student concession £115
<b>FRIDAY February 16<sup>th</sup> 2018</b>  Afternoon session 2.00pm to 5.00pm	<b>COLONIC IMPLANTS AND ENEMA :</b> The bowel is highly receptive to water soluble substances making the rectum an ideal route to deliver herbs and other medicinal substances. Those have been shown to enter the blood stream rapidly where they will be targeting immune, liver and bowel function. Retention enema and implants can also be targeted at the microbiome and positively improve gut flora <b>WHO IS THE COURSE FOR?</b> Colonic hydrotherapists looking to expand their knowledge and skills Naturopath and Nutritionist looking to coach their clients on the use of enema and retention implants as a viable treatment option Anyone interested in self-administering wanting to gain confidence and knowledge	3 hours	Compulsory CPD to 1 <sup>st</sup> year colonic practitioners	Per module £95  Day rate £130  Student concession £115

	<b>WHAT AREA WILL BE COVERED?</b> Methods and equipment for delivery Types of substances that can be used; oil versus water soluble and their purpose; faecal transplant Effects on bowel, liver and microbiota			
	<b>MARCH 2018</b>			
<b>SUNDAY March 11<sup>th</sup> 2018</b>  11.00am to 3.00pm  Includes a light lunch of tasty fermented foods	<b>LEARN HOW TO FERMENT FOODS SAFELY, THEIR BENEFITS AND HOW TO EAT THEM</b> The role of fermented foods in its ability to influence our microbiome is considerable. Learn the reasons why and how to get the most from your fermented foods. Additionally Margaret will be sharing her lifelong experience of fermenting vegetables. This will be a chance for you to experience hands on the best way to ferment safely at home. <i><b>The day includes a light lunch and an opportunity to taste lacto-fermented vegetables.</b></i> <b>WHO IS THIS COURSE FOR?</b> This course is open to anyone that wishes to know more about the microbiome, the role of probiotic in health and disease and how to easily incorporate lacto-fermentation in the diet. Nutritionist and dieticians interested in coaching their clients Colonic hydrotherapists looking to expand their knowledge <b>WHAT AREA WILL BE COVERED?</b> Different types of fermentation pros and cons How to lacto-ferment safely at home: an opportunity to ask everything you have always wanted to know on the subject Tasting of lacto-fermented vegetables and other types of fermented foods	4 hours	Open to anyone with a personal interest and not limited to practitioners	£95 for the day  Includes a light lunch of tasty fermented foods
<b>T B A</b>	<b>FIRST AID LEVEL 2 :</b> The course is certified and is the minimum requirement for most alternative practices. It is necessary to renew this qualification every five years. This certificate is recognised by professional bodies across the UK <b>WHAT AREA WILL BE COVERED?</b> 1 <sup>st</sup> aid in case of emergency Basic Cardio-Pulmonary-Resuscitation (CPR) What to do in case of Vasovagal Syncope (fainting) Bleeding, straining and bandaging <b>WHO IS THE COURSE FOR?</b> Anyone wanting to learn about basic 1 <sup>st</sup> aid. No restriction	4 hours	If you are looking for a 1 <sup>st</sup> aid course in London please let me know. I can organise a session at the clinic for a minimum of 8 people	£99

	MAY 2018			
<b>FRIDAY</b> <b>May</b> <b>18<sup>th</sup> 2018</b>  Morning session 9.00am to 1.00pm	<b>LEAKY GUT – SIBO IDENTIFYING: TESTING AND TREATING</b> Small Intestinal Bacterial Overgrowth is an identifiable condition which significantly burdens digestive and immune health. It is important to be able to diagnose it correctly in order to treat it. It is also important to understand the causes in order to address them and not merely restrict diet <b>WHO IS THE COURSE FOR?</b> Colonic hydrotherapists looking to expand their knowledge and skills on that particular subject Nutritionist, Herbalist and Naturopath who regularly find themselves advising their clients on digestive health and bowel function. <b>WHAT AREA WILL BE COVERED?</b> Diagnostic methods, causes and treatment for SIBO	4 hours	Compulsory CPD to 1 <sup>st</sup> year colonic practitioners without naturopathy background	Per module £95  Day rate £130  Student concession £115
<b>FRIDAY</b> <b>May</b> <b>18<sup>th</sup> 2018</b>  Afternoon session 2.00pm to 5.00pm	<b>HEART BURN AND GASTRO-INTESTINAL REFLEX DISORDER (GIRD): TESTING AND TREATING</b> Heart burn and <b>WHO IS THE COURSE FOR?</b> Colonic hydrotherapists looking to expand their knowledge and skills Nutritionist, Herbalist and Naturopath who regularly find themselves advising their clients on digestive health and bowel function. <b>WHAT AREA WILL BE COVERED?</b> Diagnostic methods, causes and treatment for GIRD	3 hours	Compulsory CPD to 1 <sup>st</sup> year colonic practitioners without naturopathy background	Per module £95  Day rate £130  Student concession £115
	JULY 2018			
<b>FRIDAY</b> <b>July</b> <b>27<sup>th</sup> 2018</b>  Morning session 9.00am to 1.00pm	<b>AUTO-IMMUNE DISEASES MICROBIOME AND COLONIC</b> Auto-Immune diseases are wide-spread and on the increase. Many diseases are driven by a process of inflammation and immune dysfunction. There are clear evidences that the combination of environmental poisons, antibiotics and processed foods is a root cause of a disturbed microbiome and are underling auto-immune diseases <b>WHO IS THIS COURSE FOR?</b> Colonic hydrotherapists looking to expand their knowledge and skills Nutritionist, Herbalist and Naturopath who want to deepen their understanding of the gut/immune/inflammation connection	4 hours	Compulsory CPD to 1 <sup>st</sup> year colonic practitioners without naturopathy or nutrition background	Per module £95  Day rate £130  Student concession £115

	<b>WHAT AREA WILL BE COVERED?</b> Understanding how the gut, the immune system and the microbiome interact and influence each other. Identifying the best food to support healthy interactions. Understanding the role of fermentable sugars, resistant starch, histamine, and lectins in foods.			
<b>FRIDAY July 27<sup>th</sup> 2018</b>  Afternoon session 2.00pm to 5.00pm	<b>OBESITY THE ROLE OF THE MICROBIOME AND COLONIC APPLICATION</b> Obesity is not simply a case of too many calories and lack of exercise. Inflammation and immune dysfunctions control metabolism, digestion and mood while the microbiome is involved in the amount of actual energy we can extract from our food. <b>WHO IS THIS COURSE FOR?</b> Colonic hydrotherapists looking to expand their knowledge on weight loss Nutritionist, Herbalist and Naturopath who want to deepen their understanding between the gut microbiome and obesity/diabetes <b>WHAT AREA WILL BE COVERED?</b> The effects of various diets on the microbiome and which are more suitable depending on health status, metabolism and genetics	3 hours	Compulsory CPD to 1 <sup>st</sup> year colonic practitioners without naturopathy or nutrition background	Per module £95  Day rate £130  Student concession £115
<b>NOVEMBRE 2018</b>				
<b>FRIDAY November 23<sup>rd</sup> 2018</b>  Morning session 9.00am to 1.00pm	<b>DEPRESSION, ANXIETY AND GUT HEALTH</b> Gut/brain connection is a hot topic at the moment and gut bacteria have been shown to influence mood and behaviour as well as being influenced by our diets and lifestyle <b>WHO IS THIS COURSE FOR?</b> Colonic hydrotherapists looking to expand their knowledge on weight loss Nutritionist, Herbalist and Naturopath who want to deepen their understanding Psychotherapists, counsellors etc. looking to bring another layer to their work <b>WHAT AREA WILL BE COVERED?</b> What factors influence gut health, the mechanisms (including stress) by which mood is influenced, recognising the signs of a shifting state and the steps that can be taken to prevent it deteriorating	4 hours	Compulsory to colonic students without naturopathy or nutrition background	Per module £95  Day rate £130  Student concession £115
<b>FRIDAY November 23<sup>rd</sup> 2018</b>	<b>HORMONE RELATED SYMPTOMS</b> Stress digestion and hormone balance share many controlling pathways and it can be difficult to unpick them; yet many diseases are driven by hormonal imbalances and the gut plays a fundamental role	3 hours	Compulsory CPD to 1 <sup>st</sup> year colonic practitioners without	Per module £95  Day rate £130  Student concession £115

Afternoon session 2.00pm to 5.00pm	<b>WHO IS THIS COURSE FOR?</b> Colonic hydrotherapists looking to expand their knowledge on hormone driven diseases, fertility and menopausal symptoms Nutritionist, Herbalist and Naturopath who want to deepen their understanding <b>WHAT AREA WILL BE COVERED?</b> The central role played by the liver; stress management and what it means; specific hormone driven diseases and their protocol; managing menopausal symptoms naturally		naturopathy or nutrition background	
<b>T B A</b>	<b>STOOL TESTING: TYPES, APPLICATION AND NUTRITIONAL RECOMMENDATIONS</b> Digestive health and bowel function are at the core of many disease states. Improving gastrointestinal function will help the immune and nervous system and is key to treat auto-immune diseases, chronic infections (such as Lyme disease) and many other inflammation driven diseases <b>WHO IS THE COURSE FOR?</b> Colonic hydrotherapists looking to expand their knowledge and skills on that particular subject Nutritionist, Herbalist and Naturopath who regularly find themselves advising their clients on digestive health and bowel function. <b>WHAT AREA WILL BE COVERED?</b> What can be detected in the stools and how to test for it; what test is relevant to what symptoms and what course of actions to take depending on the results;	7 Hours	Compulsory CPD to 1 <sup>st</sup> year colonic practitioners Without naturopathy background	<b>T B A</b>