

INside Out Wellness Conference 24 & 25 March 2012

Saturday and Sunday 24th/25th March 2012 – 10am – 4pm

INside-Out Wellness Conference

A complete mind/body/spirit solution for the 21st Century body
by 8 experts on all aspects of health and wellness:

✘ **Roxette Denne:** International author, holistic coach and channel, who has written the book “The Light Speaks”. Roxette has made appearances on television and been interviewed on the radio in the USA. Roxette has been delighting audiences around the world with her words of wisdom. *“I can’t stop thinking about Roxette’s words.”*

Anne-Marie Birch is a transformational breath facilitator ✘ and trainer and practises craniosacral therapy, massage and reiki. She works holistically to help you revitalise, relax and recover your inner state of well-being. *“ I saw time and again the benefits on those using Transformational Breath around me. I recommend this to anyone who will listen, even if you’re a sceptic like I was. It works!”*

Kathleen White is a practice Nurse specialising in the prevention of cardiovascular disease. Kathleen also practises reflexology, massage, reiki, EFT and infant massage. **Using a preventive, evidence-based model, her BPro screening test**

measures the stiffness of arteries, to detect potential serious conditions. This non invasive, early detection provides the opportunity to remedy such conditions. " Following a motorbike accident I had chronic pain for 22 years, since take ProArgi9 plus my pain is substantially reduced on a scale of more than 10 to down to 1."

Ingrid Magnus is a chartered physiotherapist and integrated practitioner who from 1979, worked with outpatients in the NHS, established The Natural Health Clinic in 2002, which is dedicated to the healing of pain, suffering and chronic disease through personalized treatment to target and eradicate the cause of patient's problems. " *Ingrid discovered deficiencies in my body, assisted me to face my anxieties and avoid antidepressants. I have recommended her to a number of people who have had miraculous results. Worth every penny.*" SD, Montrose


✘ **Lesley Mitchell** teaches Pilates, aerobics, core, step classes, personal trainer and fitness consultant. Senior assessor/examiner for the EnergyWise Academy in Edinburgh. Lesley's patience and attention to detail will guarantee you work at the level which suits your needs. " *After doing Lesley's class for approximately 2 years I went for my 3 yearly check at the doctors and discovered much to my, and the nurse's, amazement that my height had gone up by almost 2 centimetres!*"

✘ **Dr Jane Jamieson** is a Nutritional Lecturer and Therapist with 14 years experience in the field of complementary medicine. She brings all her knowledge of healing the body into her work and has been described as an inspiring teacher. Jane will also be showing you unique ways to use sea

vegetables to heal the body, applying it to the skin for direct benefits to heal the skin, joints and injuries. *I have co-produced several retreats in 4 different countries and many have realized their own source of inspiration and joy.*

Fiona Fleming has a background in contemporary dance and ran a Dance Studio in Argentina before return to the UK and has numerous qualifications in health fitness and aqua spanning more than 25 years. She has a Mat Pilates Level 3 Diploma , Ante/Post Natal Award and has a special interest in working with clients with mental illness as she also has qualifications in counselling and working with dementia. Fiona is a tutor and examiner for The EnergyWise Academy. *" I just want to say that this lady knows her stuff...and is so passionate about fitness"*

✘ **Honor Thomson** driving school owner specialising in helping challenged individuals to drive. Honor uses her qualifications in Analytical Hypnotherapy, NLP and TFT to help people deal with fears and phobias and this has been especially useful in her driving school. After having had a BPro screening for arterial stiffness Honor discovered that she had a high degree of arterial stiffness for her age and started to take nutritional supplements, after no more than a few months her arterial stiffness had reduced by 12 years. Honor attributes this rejuvenation of her arterial system to the dietary supplement Pro Argi 9 Plus. *" My sister had broken capillaries on face due to smoking. After being on the products, her skin and capillaries have improved. She also suffered from IBS and that's improved a lot too, my bloating also has gone."*

Lorna Pellet: Love Pure Cakes are made daily from scratch  using organic ingredients. Recrafting traditional recipes with a modern twist: carrot & wheatgrass, gluten-free cakes and muffins, polenta & seaweed, raspberry & white chocolate, reduced sugar Hazelnut meringue. " *I am experiencing the wow factor. Lorna can only be described in my opinion as an incredible alchemist (as well as a purveyor of fine cakes)"*

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