



FOOD SUPPLEMENTS SEMINAR

Why, When, Where?

Let's stay alive and healthy

Our seminars are half day long usually starts at 9:00 and finished by 12:00.
All seminars are done in small groups in order to allow all participants to be active and ask their questions if not answered during the lecture.

Seminar Schedule:

Part 1 – **90 minutes**

Coffee break – 20 minutes

Part 2 – **70 minutes**

Part 1:

- (a) Introduction to the world of food supplements: Why, When and Where we need to take food supplements? Food supplements can kill us or damage our body severely! It's a fact! On the other hand, we need them and can improve our life quality and life spans. Let's make an order in this jungle!
- (b) Let's save money! which food supplements are necessary for our body and which one to choose. Which food supplements pass clinical researches.
Will focus on some of the most popular food supplements such as:



Iron & Folic Acid, Omega 3, Vitamins C, Vitamin B, Vitamin D, Magnesium, Calcium, Q10 (CoEnzyme), Daily Probiotics (also for infants), Fat Burn Capsules, Turmeric and Spirulina.

- (c) When is the best time to take food supplements? Morning or Evening? Before or after meal/training/physical and mental work. The Influence of other substances such as: dairy products, fresh juices and alcohol over the efficiency of food supplements (clinical research)
- (d) Taking Multivitamins in one tablet or maybe taking the vitamins separately? Probiotics – who to get the best of this food supplements!
- (e) The new age of food supplements offers us from anti-infections capabilities through reducing the chance for heart diseases moving to anti-depression, improving attention and concentration and even up to autism treatment.

Part 2:

- (f) Overdosing of vitamins and supplements can cause cancer (especially lungs cancer) and heart diseases! Do I use the correct dose of food supplements?
- (g) Avoiding misuse of food supplements and know which medicines reduce vitamins in our body (like some medicine for diabetics)?
- (h) Can I take several food supplements without creating contradiction reaction?
- (i) Being careful - Taking food supplements together with medicines! How to achieve “win-win” situation without having health risks of misuse of food supplements - for people with diabetics, hypertension, high levels of cholesterol and triglycerides and other chronic diseases? (clinical research).
- (j) Questions from participants.