

Help yourself to feel great every day!

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Nutrition Solutions for Achieving Abundant Energy

(<http://www.highernature.co.uk/Products/abundant-energy>)

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“Think back – when was the last time you felt full of energy the whole day long? In a recent poll, 80% of those surveyed felt their energy levels were below par. Lack of energy appears to be the scourge of 21st-century living, with its fast-paced environment, a thousand things to do at the same time and instant communications all demanding our attention.”

Are you one of the 80% who feel their energy levels are below par? Do you feel lethargic, sluggish, drained? Or are you looking for optimum energy rather than just enough to get you through the day? Then this fabulous new book by accomplished nutritionist and lifestyle coach Cathy Robinson is the book for you!

Easy-to-read and inspiring, Nutrition Solutions for Achieving Abundant Energy:

- Walks readers through how the body makes energy
- Provides insight into reasons for low energy
- Explains health issues that have a specific effect
- Provides detailed nutritional advice to optimise ‘get up and go’
- Looks at the impact of stress
- Provides lifestyle advice
- Gives practical advice for sleep problems

In fact, it provides everything you need to know about making dietary and lifestyle changes in order to help you truly feel on top of the world!

Cathy Robinson BSc (Hons) DipNutMed MBANT gained a Diploma in Nutritional Therapeutics in 2000 from the Plaskett College of Nutritional Medicine, followed by a Diploma in Nutritional Medicine, with distinction, in 2001. Since then, Cathy has been practicing as a Nutritional Therapist in Hove, East Sussex, as well as being part of the Higher Nature Nutrition Team. Cathy specialises in digestive issues, hormone imbalance and heavy metal detoxification, as well as having a particular interest in the influence of nutrition on mental health and mood.

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(<http://www.highernature.co.uk/Products/abundant-energy>) is available from Higher Nature

(<http://www.highernature.co.uk>), RRP: £5.99.

Review copies available on request. For an interview with the author, please contact Hazel Johnstone at hjohnstone@higher-nature.co.uk or 0870 066 4123.

