

New audio course on healthy living choices now available

Submitted by: Healthy Living Audio Course

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Advice on healthy living (<http://www.healthylivingaudiocourse.com>) from five international health experts is now available in the home, office or car, through the Healthy Living Choices Audio Course website (<http://www.healthylivingaudiocourse.com>) Five full-length audio programmes are available as CDs or for immediate download, featuring top experts in diet, exercise, lifestyle, and nutrition for only \$47.

The audio courses feature five internationally-known writers, speakers and experts in their fields. They are:

Biochemist Dr James Carlson, who has helped thousands of people get rid of high cholesterol, hypertension, and Type 2 diabetes, and author of 'Genocide: How Your Doctor's Dietary Ignorance Will Kill You.'

Cellular nutrition specialist Dr Darren Wayne , pioneer in the areas of cellular nutrition and holistic medicine, and author of the popular books, 'Organic Panic' and '80 Health Myths Busted.'

Dr .Denise Lamothe, weight-loss analyst, eating disorder expert, and author of the critically-acclaimed 'The Taming of The Chew' and the newly-released 'The Appetite Connection.'

Mike Schatzki, author of 'The Great Fat Fraud: Why the 'Obesity Epidemic' Isn't – How to Be Totally Healthy Without Losing Weight and If You Should Lose Some Pounds, How to Keep Them From Finding You Again.'

Rory Gardiner, author of 'Break Free: The Road map to Building a Healthy Lifestyle & Breaking Bad Habits.'

Says health professional Patience Nyesigire, founder of Living Healthy Choices (<http://www.livinghealthychoices.com>), 'The days when you had to go it alone and solve day-to-day health problems yourself are long gone.

Professional help, advice and mentoring are readily available – but they can be expensive. That's why we've made the advice of five top experts available at a price everyone can afford.'

'Until now the only way you could access the experts' teachings and knowledge was to attend expensive seminars or listen to my weekly webinar broadcasts. After many requests, I've decided to make my experts' knowledge and advice available on a set of audio CDs. Health conscious people can now have our experts on call for consultation any time and place they choose.'

Buyers of the Healthy Living Choices Audio Course (<http://www.healthylivingaudiocourse.com>), also receive three free bonuses. First there is a copy of the book 'Holistic answers to modern health problems' by Patience Nyesigire. Second there is a copy of '101 Healthy meals in no time' – designed to solve one of the most difficult problems with living a healthy lifestyle; how to produce healthy meals quickly and easily. And third, there is a full transcription of each audio course to refer to at any time.

The Healthy Living Choices Audio Course at can be accessed at www.healthylivingaudiocourse.com . The course of five full-length audio programmes are available as CDs or for immediate download for only \$47.

Visitors to this site can hear excerpts from interviews with each of the five authors, interviewed live on Living Healthy Choices by Patience Nyesigire. Says Patience, 'These CDs are designed to be accessed to find individual questions and problems - but they can also be used as your personal health and life mentors at any time.'

About Living Healthy Choices

Each week, www.livinghealthychoices.com broadcasts Free webinar interviews with professionals in the field of health, diet, nutrition and lifestyle. Recent topics have included the effects of food additives, cellular nutrition, holistic medicine, overeating and diet, and getting rid of high cholesterol. Recent webinar guests have included biochemist Dr. James Carlson, holistic medicine specialist Dr. Darren Wayne, and eating disorder expert Dr. Denise Lamothe.

About Patience Nyesigire - Webcast host and site founder

Patience Nyesigire is an experienced healthcare professional with wide experienced of working within Britain's National Health Service Primary Trusts and in many key medical disciplines.

She founded www.livinghealthychoices.com and www.healthylivingaudiocourse.com to broadcast weekly webinars on issues of health, diet, nutrition and lifestyle.

Between 2005 and 2012 She worked as a Staff Nurse at Surrey And Borders Partnership NHS Trust, St.Peter's NHS Trust, at St. Helier Hospital NHS Trust as well as in the private sector in Home Care and Nursing Care for the Elderly.

She has worked in mental health adults, learning disabilities, children with tracheostomy and gastrostomy care dementia and sexual health within NHS trusts. Her experience includes diagnosis and treatment of sexually transmitted infections and she has run her own clinics treating male and female genital warts using cryotherapy. She is also experienced in Phlebotomy.

For further information contact Patience Nyesigire:

Email: patience@livinghealthychoices.com

Phone: 07589666161