

**On Wednesday evenings there will be free talks in the Nutri Centre Bookshop from 7pm to 8.30 pm (approx).
No need to book! Just bring yourself (and a friend?) along!**

The Nutri Centre Bookshop, 7 Park Crescent, London W1B 1PF
bookshop@nutricentre.com 020 7323 2382 www.nutricentrebooks.com

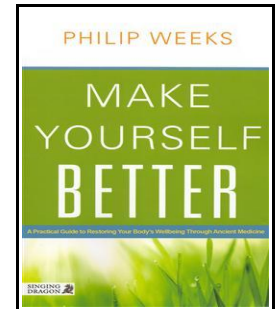
Wednesday 29th February



Make Yourself Better

Restoring Your Body's Wellbeing through Ancient Medicine

with **Philip Weeks**, Master Herbalist & TCM Practitioner



Applying his deep understanding of holistic medical traditions from both East and West, Philip Weeks guides the reader through the process of restoring the body's wellbeing using a simple combination of natural techniques, diet and herbal medicines. He explores five key interconnected areas through which wellbeing can be attained - nourishment; detoxification; lifestyle; activation; and mind, emotions and spirit - based on his analogy of the wheel of health. Philip's new book '*Make Yourself Better*' is available in the bookshop.

Philip Weeks is a leading expert on natural medicine and nutrition and is a master herbalist and acupuncturist. He is an engaging, informative presenter and is renowned for his deep understanding and knowledge of ancient medicine. He is well versed in Ayurvedic, Arabic, Chinese and Greek medicine and utilises these systems by making them relevant to today. Philip is known for his pioneering, passionate and positive approach to helping people achieve their optimum health. He is a frequent lecturer on herbal medicine and holistic health.

You can watch live or download the webcast after the event at

www.nutricentrebooks.com