



“Celebrating 22 years of our herbal community, friendship and heritage!”



16th September 2017 AMH Conference and AGM

You are invited to our conference and AGM, the morning of which will be held at historic Hampton Court Palace. Here we will meet our experienced guide, who will explain the various ailments that plagued the palace's most notable residents, and how they were treated, using herbs from the Palace's kitchen garden.

After our morning talk, there will be time for lunch and free time for you to visit this historic Palace and grounds, before the second part of the day, where we will have a lecture from Nadia Brydon at St Paul's Parish Hall, followed by the Annual General Meeting.

Conference Details

Friday Evening 15th September

The evening meal is always a great time to catch up with friends and meet new ones from our Association, so we hope that we will be able to see you there. We will meet in Hampton Village at the Siam Paragon Thai Restaurant, 17 Bridge Road, East Molesey, Surrey KT8 9EU, at 7.30pm.
(Must RSVP with Alicia Sawaya when booking for the dinner).

Saturday 16th September

9:45am	Meet at Hampton Court Palace (location TBA)
10:00am	Meet our Guide, for a talk about Hampton Court Palace, describing how medicinal herbs were used historically at the Palace.
12.00pm- 2.45pm	Lunch and free time to visit Hampton Court Palace. There is a cafeteria on site, and a lunch/tea room.
2.45pm – 3.00pm	Leave the Palace for a 10-15 minute walk to St. Paul’ s Parish Hall for the second part of the conference.
3.00pm – 5.00pm	Lecture by Nadia Brydon about live foods, how they heal, and giving examples from her clinical practice.
5.00pm – 5.15pm	Coffee Break
5.15pm – 6.15pm	Annual General Meeting

Cost

Hampton Court Palace Admission: £17.48 (group discount)
Students / Senior Citizens: £14.06 (group discount)

To help make group discount booking possible, please send payment to Alicia Sawaya, by cheque or PayPal (email address as below), by August 1st 2017.

Please RSVP to Alicia Sawaya (aliciasawaya.uk@gmail.com).

Accommodation

There are a number of hotels & B&Bs nearby, with a variety of prices.

Directions

The nearest train station is Hampton Station. Parking is available at Hampton Court palace (£1.60/hour) and around the local village across the river.

Afternoon Lecture and Conference Address

St. Pauls Parish Hall
Church Road
East Molesey
KT8 9DR

Parking is available in the surrounding roads surrounding the church hall, if required.

Speaker



Nadia Brydon

Nadia has been practising and teaching many fields of complementary Medicine for over 25 years in particular focusing on 'green nutrition'. In 2012 when completing a Masters degree in International Public Health Nutrition at the University of Westminster, she undertook a clinical study to test the clinical benefits of raw green vegetables as savoury green smoothies as an addition to a normal daily diet with exceptionally promising results. As a result Nadia has become particularly well known for her innovative and simple solutions for people experiencing a wide range of health issues using the evidence from this study. Rather than cutting out foods she will suggest the inclusion of empowering fresh nutrient rich vegetables, plants and herbs as medicinal green smoothies from which the body (mind and spirit) can use to help itself heal often with amazing results.

She is also qualified in Chinese and Western herbal medicine, Acupuncture, naturopathy and detoxification amongst many other disciplines of natural medicine. She is also a Hippocrates Health Educator and a Living Light raw and living food Associate chef and instructor.

Nadia is a NES health practitioner www.neshealth.com using a revolutionary computerised health screening system which identifies in seconds, health imbalances and solutions to help provide the basis for precise treatment recommendations. The NES software is able to 'read' the body-field, organ systems, meridians, environmental toxins, nutrition, musculoskeletal, emotional states and viruses and bacteria. It will then compare the reading with the optimum human body-field. Correction of these imbalances can be vital in helping to understand and resolve health issues. The NES system is able to recommend a unique blend of organic colloidal minerals imprinted with and individualised optimal human body-field as drops in water. In addition Nadia combines the NES system

with the miHealth electronic hand held bio-electro stimulation to help to aid health and wellbeing.

Apart from her private practice Nadia has continued to work part time for the last 16 years as a Senior Therapist at Breast Cancer Haven where she also runs regular classes on green juicing, smoothies, fresh nutmilks and sprouting. Nadia has worked for over 25 years in particular supporting people with cancer.

In addition, Nadia currently teaches modules at the College of Naturopathic Nutrition on the Natural Chef course. She is a nutritional consultant to a number of health companies and over the years has been frequently quoted in the press, radio and TV and regularly lectures at health shows and events both in the UK and abroad.

She also grows much of her food in the centre of London on her organic allotment and welcomes visitors to her plot.

For booking and enquiries, please contact Alicia Sawaya by email at (aliciasawaya.uk@gmail.com).

Please check our website (<http://www.associationofmasterherbalists.co.uk>) over the next few months, as there will be updates on further details of the conference.

We look forward to seeing you this year!