

Faulty Metabolisms Webinar

The food you eat can be either the safest and most powerful form of medicine or the slowest form of poison.

-Ann Wigmore

veganposters.com



Eoin MacCuirc

Sunday 25th June 2023

10.00 am

Cost €10.00/£10.00 Non-members

Free to BTTI members

with access to Resources and PowerPoint Presentation

In this workshop Eoin is delving into Freddie's work on Faulty Metabolisms – at its most basic level metabolism is the sum of all chemical & physical processes your body uses to transform the food you eat into the fuel that keeps you alive.

Faulty Metabolism occurs when this process fails, causing the body to have too much or too little of the essential substances needed to stay healthy. Sometimes, the by-products of the faulty metabolism present challenges for the body too.

Topics covered include:

- Digestion, absorption, and assimilation of nutrients
- Elimination of waste
- Calcium metabolism
- Carbohydrate metabolism
- Fat metabolism
- Neucleo-protein metabolism
- Protein metabolism
- Simple self-help techniques

People don't die of old age, they die of diseases that accompany old age, and they are preventable.

Deepak Chopra

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