



DR LAUREN BURNS  
*Elevating Potential*

# MOOD FOOD

## WORKSHOP



## HOW FOOD IMPACTS OUR ENERGY, MOOD AND MENTAL HEALTH

Lauren is a degree qualified Naturopath and Nutritionist and has always been passionate about complementary medicine and wholefoods.

She studied naturopathy alongside training for the Olympic Games and incorporated many principles and naturopathic teachings into her training and diet regime which she attributes to her success at the Games. Her cookbook *Food from a Loving Home* is a collection of her favourite recipes.

Continuing her passion for food as medicine, Lauren has lectured Medicinal Food Science at Endeavour College of Natural Medicine.



*Focusing on the scientific link between food and mood, and Lauren's take-home message of 'Eat the Rainbow', this presentation is fun and engaging. Participants learn life skills and knowledge they can incorporate directly into their own lives and kitchens.*