

15th & 16th October 2011
Venue TBC

Investment £200

Book early to avoid
disappointment, places strictly
limited



Chris Horridge

Michelin starred chef and originator of 3D Cuisine, a concept that offers amazing looking and tasting nutritious food. Chris is actively researching to optimise and enhance the nutrition in his food, he is a true pioneer.



Jane Langston

From a Biomedical Science background, Jane trained as an Amatsu therapist and teacher. Combining these two areas of study, provides some of the most detailed and effective courses in complementary health



Taz Faruqi

From a background of sport science, movement and physical medicine, Taz became the youngest teacher of modern Amatsu in 2000. Since then he has researched the principles of health through natural movement

Take Your Health Back Presents:

Food, Function & Flow



- Learn simple techniques to enhance the taste and nutritional content of everyday foods
- Understand the way your body assimilates nutrients and eliminates waste
- Appreciate the improved health is a reality and not just a distant memory