

# Learn the Health Secrets of Seaweed

Organised under the auspices of the Seaweed Health Foundation, Edinburgh

FREE TALK - Monday 23<sup>rd</sup> July 2012, 6pm - 8pm

Edinburgh Central Library, 7-9 George IV Bridge Old Town, Edinburgh EH1 1EG

Britain is in the throes of an obesity epidemic, we know about the problem, do you want to learn about the solution? Seaweed a powerhouse of nutrients, can detoxify the body, improve digestion, boost metabolism and so much more. Three experts on seaweed and nutrition present the secrets of using seaweed to boost health and wellbeing, learn about the best quality seaweed and what it can do for you and your taste buds!



**Simon Ranger** has been setting the standards for harvesting and manufacturing wild seaweed products for nutrition and healthcare, and has been producing sustainable and first class products for the last 15 years, [www.seagreens.co.uk](http://www.seagreens.co.uk). His passion for the benefits of seaweed and how it can help feed the foundation of health has led him to found the Seaweed Health Foundation which is a not-for-profit forum for research which is dedicated to raising the awareness of the benefits of human quality seaweed, [www.seaweedhealthfoundation.org.uk](http://www.seaweedhealthfoundation.org.uk).



**Jane Jamieson** is a Nutritional Lecturer and Therapist with 15 years experience in the field of complementary medicine. She has co-hosted many healing retreats and has taught in several countries. She brings all her knowledge of healing the body into her work and has been described as an inspiring teacher. Jane believes that seaweed is one of the most powerful healing foods will be talking about how seaweed can benefit you and why you would want to add seaweed to your regime, [www.enabling-health.com](http://www.enabling-health.com).



**Fiona Houston** is the bestselling co-author of "Seaweed and Eat It", Fiona has made TV and Radio appearances talking about her experiences as the "Forage Rangers". No stranger to discovering unusual foods and dreaming up delicious recipes for them, Fiona Houston with friend and co-author Xa Milne were so inspired by the incredible taste and healthy possibilities of seaweed that they founded Sea-Spice Co., [www.seaspice.co.uk](http://www.seaspice.co.uk) which brings us seaweed condiments with amazing flavours, including Pepper Dulse, the "Truffle of the Sea". These wonderful flavours are now finding their way into many of the top restaurants in the UK.

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A popular event and places are limited. Book your place, contact: [jane@enabling-health.com](mailto:jane@enabling-health.com), 0790 5636 050

