



## 2023 ONLINE WINTER LECTURE EVENING

**DATE:** Wednesday 22<sup>nd</sup> November 2023, 7-9pm

**FORMAT** Online Meeting, MS Teams

**GUEST LECTURER:** Clare Bakewell, Technical Sales Executive of Lamberts Healthcare



Lamberts Healthcare is the leading expert in supplying specialist dietary supplements (all UK-manufactured) to practitioners and pharmacists. Lamberts Healthcare offer an extensive product range of over 200 products, including vitamins, minerals, herbs, multiple formulas, fish oil and glucosamine, as well as some specialised formulas. The Lamberts® philosophy of healthcare is based on 'sound' science - meaning that they only develop products supported by a valid scientific rationale, driven by experts at the forefront of clinical research. With over 40 years' experience - safety, efficacy, potency and sustainability.

As leading experts, they ensure that each and every one of their raw materials is meticulously tested prior to production in our modern and technologically advanced UK factories.

Clare has been involved and working in the complementary healthcare industry since her teenage years. She has an interest and passion in natural products and in the positive influence diet and lifestyle changes on our health. Having been with Lamberts for the last 22 years, she now supports Lamberts registered practitioners and retailers with training on products and their benefits, as well as on their protocols

**THEME:** Our Digestion and Good Gut Health

Many of our clients and indeed we ourselves can suffer with stomach and digestive problems. During this lecture, Clare will take us through the digestive tract and deal with issues from acid reflux to irritable bowel syndrome and many issues between.

As Clare works her way through each area she will pause for questions.

Clare will explain what supplements are best for which condition and which to avoid. She will also advise on the latest developments in this ever-expanding field.

**TIMETABLE:** 6.45pm-7pm Registration - 7pm-9pm Lecture

The meeting will be hosted via MS Teams and the details to join will be emailed to you the day before.

**COURSE FEES:** £10 for members. £15 for non-members

**BOOKING:**

Please contact the British Reflexology Association by email [bra@britreflex.co.uk](mailto:bra@britreflex.co.uk) or phone Tel: 0333 772 9217 to book a place for this event

We will require your name, email address and contact telephone number. Payment of the course fee payment should be made to: The British Reflexology Association (Sort Code: 09 01 52; Account No: 24 66 86 84). Alternatively, please complete the application form below

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### THE BRITISH REFLEXOLOGY ASSOCIATION

#### 2023 Online Winter Lecture Evening

I wish to apply for the BRA Winter Lecture to be held via MS Teams on Wednesday 22<sup>nd</sup> November 2023 and have arranged payment of my course fee of £..... (see above for details).

Alternatively, make your cheque payable to The British Reflexology Association and send to the admin office, c/o Philippe Mathon, 90 Sullivan Court, London SW6 3DB

NAME ..... PHONE .....

EMAIL .....