

Creating Focus for hyperactive people.....

Through
Nutrition

Understanding your energy
And you're thought patterns

By Olive Hickmott and Fran Stockley

**Are you or you child
experiencing the following:**

- can never sit still
- can't focus or pay attention
- don't relax
- always 1001 things to do
- has lost the ability to congratulate yourself on a job completed
- are running "very busy" programmes that never seem to end
- has endless self talk
- is in another world of day dreaming?

**Would you like to know
how you to change this
with:**

- your diet
- your thought patterns
- how you are able to manage your energy
- your focus on being "in your head" rather than "in your body"
- Your natural ability to ground – being connected to the earth's natural energy.

Friday 10th July

7:30-9:30pm

The Life and Soul Academy, Boxmoor.

Price: £15 per ticket (£25 for 2 tickets)

BOOK NOW! To avoid disappointment.

Book your place through www.healthyfran.co.uk

Olive Hickmott is a health, wellness and energy coach with a passion for helping people with chronic illnesses and/or learning difficulties. She is the author of 3 best selling books, *Seeing Spells Achieving*, *You too can 'do' health!* and *Recover your Energy*. Olive is running a project to help youngsters with ADHD. She will share her experiences and some of the techniques that can help not only the youngster but also the whole family. (www.empoweringlearning.co.uk)

Fran Stockley is a Naturopathic Nutritional Therapist and Speaker on Natural Health. Her passion is in inspiring and empowering us to feel connected to ourselves using food and mindset. Fran is also the leader of the Hemel Wellness Circle based at the Life And Soul Academy, a lively monthly event encouraging the general public to explore different avenues of wellbeing. (www.healthyfran.co.uk)