

International E-Conference on

# NUTRITION AND FOOD SCIENCE

December 09-10, 2020 | Virtual Webinar

**Julie Silver**

The Vitality Fairy Nutritional Therapist, Stress Management & Wellness Coach, Speaker & Author, London, UK

**Nutrition & Wellness for the NOW**

**M**any people are finding lots of contradictions regarding nutrition, health and wellness. It's easy to get overwhelmed and confused about what you is best for you to eat and how to live a healthy lifestyle. Julie will be covering how you can find out what is right for you now to help empower you to live a healthier life and improve your health.

**Biography:**

Julie Silver is a Nutritional Therapist, Stress Management & Health Consultant & Author of Food Awakening – Nutrition for NOW (paperback and Kindle), Fertility Naturally e-book. She loves to empower you to find out what is right for you, enabling you to have maximum vitality with minimum effort. She includes nutrition, stress management, mindfulness and natural ways so you can improve your immune system and get healthier physically & mentally. This interactive workshop will be a chance for you to find practical and realistic ways to improve your life.