



# Practically Paleo

Top Paleo & healthy living specialists present a practical approach to Paleo living



Saturday 5th March 2016 – Oxfordshire

**Practically Paleo**  
the ideal event to  
learn why the Paleo  
lifestyle is becoming  
more popular and  
how to practically  
work it in to your  
every day life.

Held at the Oxfordshire Golf Club, this event takes a fun and informative look at the benefits of Paleo living with some of the foremost specialists in the field speaking and sharing their knowledge and experience.

More and more people are starting to question our modern diet and way of living. It is dawning on people that some of the foods we're eating and feeding our families are making us sick.

Paleo style eating is a modern term to describe eating as closely as possible to the type of foods we were designed to consume when we evolved over a period of 2.5 million years in the 'Paleolithic' age. Even modern hunter gatherers, do not suffer from the lifestyle diseases we have today.

The Paleo Society – and this meeting – are dedicated to all aspects of a healthy Paleo lifestyle. Apart from the

eating patterns, these include such matters such as physical activity, sleep, sunshine and mental well-being.

The benefits of 'going Paleo' are often seen very quickly. Our bodies are incredibly robust and can take a lot of abuse but when the right 'fuel is put in the tank' the transformation can be phenomenal.

We give ourselves a much better chance of recovering from disease, sickness and poor health if we nourish our bodies correctly.

Whether you are looking at making changes to your lifestyle and are considering 'going Paleo', a seasoned paleo nut or looking to help promote nutritionally sound food choices for family or patients, join us for this fantastic event and see why 'going Paleo' is the proven way to a healthier, happier future.



# Our mission

To promote and support the Paleo movement.

We believe that the Paleo movement has an important role to play in developing solutions to our current health challenges. Our aim is to make the Paleo lifestyle easily adopted and recognised widely as a healthy way to live.

# Our goals

- Promote science, education and understanding of Paleo practices.
- Promote and support Paleo scientists, healthcare workers and businesses.
- Improve Paleo catering and nutritionally sound food choices.
- Support individuals keen to improve their health or maintain good health using sound Paleo principles.
- Promote, protect and encourage sustainable, healthy and compassionate methods of food production.
- Positively impact healthcare institutions, public and private bodies and government policy.



# The Speakers

The Paleo Society are proud to present a panel including some of the most respected paleo and healthy living specialists in the UK...



## Geoff Bond

Paleo Society  
Scientific  
Advisor

Geoff Bond graduated with Honours in applied sciences from London University, and completed post-graduate professional qualifications in 1968.

He spent his early career living and working in remote African villages where he widened his earlier studies in anthropology, biochemistry, and evolutionary human development.

At the cutting edge of this new science of lifestyle anthropology, and bringing intellectual rigour to the latest findings, Geoff developed the complete process for living in harmony with our naturally adapted lifestyle.

From his research on human origins and our ancient nutritional heritage, Geoff has become a recognized authority on what it means to be human in lifestyle terms. He explains how we know these things, what is going wrong today and what we can do about it. Geoff is a contributor to the UK think-tank "Reform".

With his controversial yet life-enhancing message, Geoff is a popular TV and radio talk show personality. He is an NSA trained speaker and regularly gives lectures for physicians and the general public.

Geoff designed his latest book, *Deadly Harvest*, to be a work that doctors can trust. It has become the reference work in the field and is heavily credentialed with 35 pages of peer-reviewed references.

As a lifestyle anthropologist, Geoff believes in living in places which have sunshine and palm trees: he currently lives with his wife, Nicole, in the Mediterranean island of Cyprus.



## Dr Kim Lloyd

Paleo  
Society  
Founder

Kim Lloyd founded The Paleo Society as a non-profit association. She is married to David has three grown up sons and lives in Buckinghamshire. A healthcare worker by profession. Kim qualified as a dental surgeon and worked for 16 years as a family dentist. Her special interest in cosmetic dentistry led her into the newly emerging medical field called aesthetic medicine, and she now works as a specialist in aesthetic medical procedures founding the successful Crendon Skin Clinic just over 12 years ago.

Kim met nutritional anthropologist Geoff Bond at an anti-aging medical conference 8 years ago, she then changed her way of eating to Geoff's Paleo recommendations and significantly improved her health.

She founded Ugg Foods in 2013 to make this way of eating easier for herself and other people.

Kim firmly believes in the power of optimum nutrition and natural healthy living. She says her ultimate goal is to help positively impact the health of this generation and generations to come.



## Christine Bailey

Paleo Society  
Nutritional  
Advisor

An award winning nutritionist, chef and author with a passion for creating delicious nourishing recipes, Christine has a reputation for transforming people's health. As well as seeing clients and writing for national press, Christine runs 'Nourish' cookery classes including popular hands-on days for children. She is the author of numerous health and recipe books including Supercharged Juices and Smoothies, Functional Nutrition Cookbook, The Juice Diet Book, The Raw Food Diet Book, Eat to Get Younger and Nourish: Cancer Care. She has specialisms in Paleo diets, allergy-free cooking, digestive health, coeliac disease and other autoimmune conditions, healthy ageing and weight loss.

She was awarded Coeliac Chef of the Year 2009 and supports many individuals and corporates on a wide range of health matters. She is a member of BANT (The British Association for Applied Nutrition and Nutritional Therapy), CNHC (Complementary & Natural Healthcare Council) and is a Graduate member of the Institute of Functional Medicine (AFMCP). She also received the CAM award 2012 for outstanding contribution to the community. She is a member of the Guild of Health Writers and writes regularly for national press including Natural Health & Beauty, Health & Fitness, Men's Health, BodyFit, Cook Vegetarian, Women's fitness, Men's fitness, Men's Health as well as websites on food, health, family and women's health. Christine regularly appears in the media and is a well known speaker on nutrition and health as well as cookery demonstrator at Shows and Conferences throughout the UK.

She regularly sees clients at her nutrition clinics in Reading and Harley Street as well as in the workplace. She is involved in corporate health work advising companies on strategies to improve employee health and presenting at seminars and conferences. She supports many health and food companies providing nutritional expertise, media support including filming of recipes and talks on nutrition.



## Jill Gardner

Paleo Society  
Health Writer  
& Nutritionist

Jill struggled with her weight and food addiction throughout her teens and early adult life. She would live on plain toast, bagels and low-fat cereals and for many years lived on the typical low-fat, high carb diet, trying all the low calorie protocols promoted by popular slimming clubs and books.

Jill was feeling pretty depressed, beige and dead! Jill has since become a highly regarded fat loss expert and has since labelled these processed man made foods, beige, dead foods (#BanishtheBeige)! "Despite being low calories I was addicted and I could not understand why I was always craving and hungry. My will power would never last more than two weeks at the most and I was slowly getting fatter", she says.

Jill's various attempts at diets over the years led her to discover something amazing during an attempt at The Atkins Diet. "For the first time I didn't experience hunger, cravings and lows in energy. I wasn't eating any beige or processed foods and what's more... didn't even crave them. Any I lost weight".

It was this experience that sparked her curiosity into human nutrition; it's history and how food affects us. Jill has since studied nutrition for health and fat loss with various industry leaders and physicians, such as Dr Jade Teta who uncovers the science behind human metabolism and Geoff Bond and Loren Courdain who uncover the history behind human evolution and how our modern eating habits are working against our genetic history.

Jill is passionate about inspiring others to take a closer look at the food they eat and explore the benefits and health that comes from falling in love with real food that nature has supplied for us. She has since built a large on-line community who are successfully learning how to Banish the Beige and adopt a Paleo style of eating.



## George Anderson

Coach,  
Presenter  
& Motivator

George Anderson is a coach, presenter, writer and motivator. Combining his expertise in nutrition, weight loss, fitness and running with his renowned friendly, down to earth approach, he has a proven track record of getting amazing results. With a clear and genuine passion for health and helping people achieve their goals, George has a diverse range of services and products, suitable to both personal and corporate audiences, to help people get more out of life. Currently George writes for Men's Fitness magazine, presents on BBC Radio, runs International workshops and seminars as well as leading a series of fitness Boot Camps and online bespoke nutrition and health programs.



## Keris Marsden

Nutritional  
Therapist,  
Trainer & Author

Keris Marsden (NT Dip CNM, BA Hons, mBANT) is a qualified Naturopathic Nutritional Therapist, Personal Trainer and co-author of the best selling Paleo Primer, she runs Fitter Food with her partner Matt Whitmore and they are 100% dedicated to showcasing that eating a diet of good quality, great tasting and easily accessible produce is essential in living a long, healthy, energised and positive life. Keris regularly blogs on fitterfood.com about her personal experiences with PCOS, orthorexia and hormone health.



# The Itinerary



**09.15**

**Coffee/Tea**

**09.45**

**Kim Lloyd  
& George  
Anderson**

Practically Paleo  
Introduction

**10.00**

**Keris Marsden**  
Our moods  
and food

Conquering emotional  
eating and disordered  
eating habits

- The psychological and physiological factors that govern our relationship with food
- Take control and rebalance brain biochemistry
- Nutrition and lifestyle habits to support the neurochemicals of happiness

**10.45**

**Geoff Bond**

Living in Harmony  
with our Genetic  
Programming **Part 1**

Why the Paleo way of life  
is right for us humans and  
how to do it

**11.45**

**Coffee/Tea**

**12.00**

**George Anderson**  
Primal Movement:  
why gyms  
don't work

Learn about how our  
bodies are designed to  
move, the problem with  
gyms, and how to fix it

**12.45**

**Q&A**

Questions to the panel

**13.00**

**Lunch break**  
Buffet

Enjoy the paleo buffet and  
some time to chat with the  
speakers and new friends

**13.45**

**Christine Bailey**  
Improving  
Gut Health

Is poor gut health making  
you fatigued, fat and  
sabotaging your well being?

Find out how poor gut  
health contributes to  
everything from fatigue  
to autoimmune disease  
to depression—and what  
to do about it

- How our modern diets and lifestyles contribute to poor gut health, and how an unhealthy gut contributes to disease
- The common foods and medications that could be harming your gut health
- How dietary changes can help heal your gut and restore your health

**14.30**

**Geoff Bond**

Living in Harmony  
with our Genetic  
Programming **Part 2**

**15.30**

**Coffee/Tea**

**15.45**

**Jill Gardner**  
How to lose fat  
and stay slim

Jill is a fat loss coach who  
works with serial dieters  
specialising in the science  
of hormonal fat loss.

**16.30**

**Q&A**

Questions to the panel

**17.00**

**George Anderson**  
Closing words



# Join Us

**Eventbrite**<sup>™</sup>

## Tickets

Limited places available. Book at:  
**[practicallypaleo.eventbrite.com](http://practicallypaleo.eventbrite.com)**  
or call **0844 854 9440** for more  
information.

**Earlybird ticket** £69  
(available until 5th February)

**Standard ticket** £75

## Included

Welcome pack  
Coffee/tea and paleo snacks  
Paleo buffet lunch  
Free Ugg Foods samples  
Free parking

Discounts available on Ugg Foods Paleo Muffin & Bread Mixes. Signed books from attending authors available for purchase.

# The Venue

## Oxfordshire Golf Club

Rycote Lane, Milton Common,  
Oxfordshire OX9 2PU

Venue telephone: 01844 278300

Venue website: [theoxfordshire.com](http://theoxfordshire.com)

**By Train:** The nearest train station is at Haddenham and Thame Parkway (on the Marylebone to Birmingham route), approximately 5 miles from The Oxfordshire.

**By Car:** From London: Leave the M40 at Junction 7 and take the A329 towards Thame. The Oxfordshire Golf Club is on the right-hand side of the A329 just 1.5 miles (2.4 kms) from the motorway. From Birmingham: Leave the M40 at Junction 8a (no exit at Junction 7) and take the A418 to Thame for 1/4 mile, then take the first right onto the A40. Follow this road until you arrive at the A329 and turn left. The club is located 1/1/2 miles on the right-hand side.



A non-profit organisation

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