

There will be NO products for sale.  
Miller Rogers is an independent practitioner and will not  
profit from brand advice.

# FISH OILS

Come to a workshop on Essential Fatty Acids.

You have probably heard of fish oils, and maybe tried them. Are you confused by reports on mercury levels, purity or different suggested intakes? Perhaps your children won't eat them or complain about the taste? If you and your family don't eat enough oily fish or flax seeds, then **book now**. In addition to information on why these fats are vital, and how much you need, there will be different brands available for you to compare to find out which one suits your palate—not all oils are equal, or tasty.

**Part One: Info**

**Part Two: Tasting**

**Learn why.**

**Then try.**

Childcare will be available so kids can join in the tasting.

Nutritional therapist, Miller Rogers will explain why fish oils and other essential fatty acids are so important. You will find out how you and your family's health will improve when you start taking the right one for you; and why there are so many health claims for fish oils, such as:

preventing heart disease, lowering cholesterol,  
improving behavioural problems, learning  
difficulties, inflammatory conditions (arthritis/asthma),  
skin problems, and improving your memory.

**Booking required** as space limited  
**Contact: Miller - 7498 3279**  
**[www.difficultdiners.com](http://www.difficultdiners.com)**  
**[miller@difficultdiners.com](mailto:miller@difficultdiners.com)**

**Tuesday 23rd January - 9.30-11.00am**  
**Wednesday 31st Jan - 4.00-5.30pm**  
**Monday 5th February - 8.00-9.15pm\***

**£15**

Including childcare  
for one child.

\* no childcare on Mon 5th 8pm.

Venue: Northbourne Road, SW4 5 mins from Clapham Common Tube