

TOPICS

Rather than offer small insights into many topics, Dr Libby funnels her expertise into presenting on niche themes to provide people with more specific take home messages. While her knowledge spans any topic related to nutrition, biochemistry or stress, some of the most in demand topics she covers include:

Food and Nutrition

- Food, blood glucose, digestion and the liver
- How to foster a positive relationship with food and nutrition, both for you and your children
- I don't eat that badly....is secret sugar sabotaging your health efforts?

Stress and Energy

- Exhausted to Energised - why energy is the true health currency
- How we end up exhausted and how to build up physical and mental resilience
- My brain has too many tabs open - understand your energy, where it goes and how to get it back
- Overcoming Overwhelm - getting to the heart of your invisible load
- Get off the Stress Express - understanding the stages of stress and what to do about them
- Evolution and the nervous system
- How thoughts become stress – a fresh perspective on a never ending to do list
- Workplace wellness – Insightful tools and tips on how to look after your health in the workplace
- Solve Your Sleep Challenges - understanding mood, stress and fatigue

Women's Wellness

- How to naturally produce more mood-lifting, anti-anxiety and anti-depressant hormones
- How emotions impact different hormones and vice versa
- Women's Wellness Wisdom – what every woman needs to know about her health
- Ways to support hormonal imbalances that contribute to PMS, painful periods, irregular periods, food cravings, acne and PCOS (female focused)

