

## 3 Lectures by Jennifer Thompson

Bijgedragen door Alec Boswijk  
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Would you like to get more healthy lifestyle? Than these lectures are a perfect base to start off from. In three lectures, Jennifer shares here valuable experience and knowledge about detoxing, how to use raw food and how to recognize products that trigger bad moods.

### LECTURE ON DETOX 101

Judith about Jennifer

I've met Jennifer at Koh Samui in 2010 and have been following her since. Because I have had so much benefit of the iridology (iriscope) session and her rawfood classes, I promised her that if she ever wanted to come to Holland, I would support her.

I am very excited that she has made time for us right after she finished her book 'Green Smoothies for Dummies' which will be in store this August.

Jennifer will be giving Iridology sessions, three lectures at the Alchemist Garden in Amsterdam and speak at the RawFoodFestival. Make sure you'll find time to meet this PowerWoman!

Feel free to contact me if you have any questions @ [judith@judithvanbeers.nl](mailto:judith@judithvanbeers.nl) or 06-24617952

Hope to see you soon,  
 Love Judith

Have you wondered about the detox craze - what it is, do you need it, and how to do it?

Find out how different types of detox can help you to:

- \* Improve your energy levels
- \* Increase metabolism
- \* Enhance weight loss
- \* Restore your digestive system
- \* Cleanse your liver and colon
- \* Balance your hormones
- \* Boost your immune system

Maybe it's time to detox some negative people in your life too? Find out some really practical tips on detoxing your daily life and even your home for creating a sacred, relaxing, peaceful loving space in which to live.

WHAT: DETOX 101

WHERE: Alchemist Garden - Overtoom 409 Amsterdam

WHEN: Thursday June 2nd, 20.15

COSTS: 15 €; per evening. All 3 evenings for 40€.

REGISTER: Please send an email to [judith@judithvanbeers.nl](mailto:judith@judithvanbeers.nl) to reserve your seat or come spontaneously at 20.00pm.

If you want to enjoy a Raw Food dinner at Alchemist Garden before the lecture, you need to reserve a table @ 020-3343335. The latest to arrive for dinner is 18.45.

Time schedule:

20.15 - 20.55 lecture part I

20.55 - 21.15 break

21.15 - 21.35 lecture part II

21.35 - 22.00 Questions & Answers

Jennifer will give lectures at June 2nd, June 4th and 5th. Same time, same place, different topic.

Visit the other two events here:

June 4 "Using Raw Foods to create a Healthy & Glowing Body"

[https://www.facebook.com/events/385407281588177/?context=create&ref\\_dashboard\\_filter=upcoming&source=49#](https://www.facebook.com/events/385407281588177/?context=create&ref_dashboard_filter=upcoming&source=49#)

June 5 "Bad Mood Foods vs. Feel Good Foods" <https://www.facebook.com/events/839092512786849/?fref=ts>

Jennifer is available for Iridology (iriscopie) sessions while she is in the Netherlands. Visit the event to learn more. There is limited space so be quick if you know you want this  
<https://www.facebook.com/events/1424019591195161/?fref=ts>

Jennifer will speak for about 1,5 hour at the main stage of the Dutch RawFoodFestival on June 1st @11.30u in Amsterdam about her "Personal Story of Success on Vegan Raw Foods"  
<https://www.facebook.com/events/1379988598888562/?fref=ts>

#### BIO

Jennifer Thompson is a fully trained and qualified IIPA Certified Comprehensive Iridologist (CCI) through the International Iridology Practitioner's Association. She uses her background and education as a Systems Engineer to always look at the body as a whole in both understanding the true nature of imbalance and dis-ease as well as making recommendations for improvement and healing.

Jennifer healed herself from a full-body itchy rash that went undiagnosed by doctors for 2.5 years through embarking on an elimination diet and determining the cause of her rash - a reaction to certain chemical additives in food. This discovery is what led her to a raw-food organic chemical-free diet.

For over 16 years, Jennifer has been working with detox, raw foods, juice fasting, cleansing and natural healing. For 6 years, she lived full-time in Koh Samui, Thailand, the world's largest detox destination, where she worked with up to 150 people per day doing various fasting, colon cleansing, and juicing programs. She developed her green smoothie class for detox clients who were looking for fast and easy ways they could continue to cleanse and stay healthy back at home. Jennifer eventually travelled all over Asia teaching her green smoothie class to expats and health enthusiasts in several different countries.

After leaving Asia in 2012, Jennifer moved her business on-line where she built a substantial community of 50,000 followers on Twitter, offering daily nutrition tips and sharing success stories with raw food, detox and natural healing. Her website <http://healthybliss.net/> provides Iridology analyses to clients and professional health coaching via Skype as well as detox and cleansing support. She also shares a wealth of information on raw food recipes, food additives, food allergies, emotional cleansing and healthy living. Through Facebook, Youtube, Instagram and Twitter, Jennifer is able to educate, motivate and inspire thousands of people from all over the world on their journey of healing.

Jennifer now works as a Certified Iridology Practitioner, Detox Expert, Health Coach and Raw Food Educator. When she's not working with clients on-line, she travels around the globe teaching and sharing her knowledge. She has worked with clients and presented workshops at various health and detox spas around the world, including The Four Seasons Maui in Hawaii, USA, The Four Seasons in Koh Samui, Thailand, The Mandarin Oriental Hotel in Hong Kong, China and Kamalaya Resort in Koh Samui, Thailand. She has also worked in Australia, Indonesia, Malaysia, Korea, Japan, Dubai, Jordan, Israel, Panama, Ecuador and Costa Rica. Jennifer is currently based in the Middle East where she enjoys the warm Mediterranean climate and fantastic fresh fruits and local greens for delicious-tasting green smoothies.

Her first DVD, Green Smoothie Power, was released in 2012 and her new book, Green Smoothies for Dummies, is due in stores this August 2014.

Visit <http://healthybliss.net/consultations/workshops-seminars-and-lectures/> to get inspired about Jennifer and her lectures.

Find Jennifer online at:

<http://www.healthybliss.net/>  
[www.facebook.com/rawfoodbliss](http://www.facebook.com/rawfoodbliss)

maandag 2 junivan 20:15 tot 22:00Volgende week · 19°C/12°C Helder  
 Kaart tonenAlchemist GardenOvertoom 409, 1054 JP Amsterdam