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INTERNATIONAL COLLEGE  
OF APPLIED KINESIOLOGY UK

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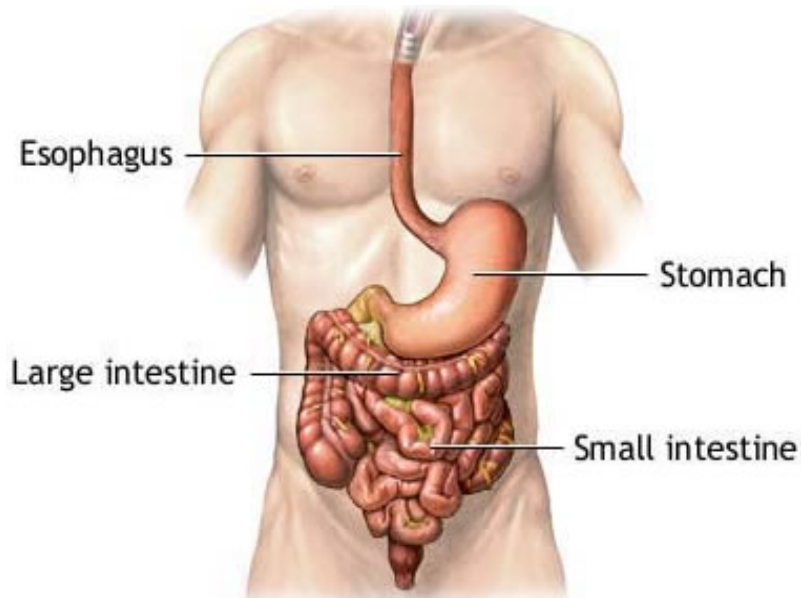
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## **From the Table to the Toilet**

A story of our relationship with food

With **Jim Townhill DC DIBAK**

24-25 November 2018



**Sofitel Hotel** North terminal, Gatwick Airport  
West Sussex RH6 0PH  
Tel: (+44)1293/567070

Saturday 10am – 6pm, Sunday 930am - 430pm  
(Registration on Saturday at 930am)

# **From the Table to the Toilet**

A story of our relationship with food

This weekend seminar will focus strongly on the why? If we understand why the body reacts as it does and what triggers adverse reactions, the treatment of complaints becomes more straightforward. The approach of the course will be to first focus on treatment of systemic causes of problems, then working towards treating locally irritated tissues. The weekend will cover:-

Ideas on how to identify the root cause of problems in the GI tract.

Assessment and treatment of the cranio-sacral system and TMJ in relationship to digestion.

Visceral manipulation and use of viscerosomatic reflexes.

Food cravings – why and what they mean.

Orthomolecular interventions – when and when not to supplement and where to focus treatment.

And lastly a quick look at Poo and what it means!

## *About the Venue :*

The Sofitel Hotel is handily placed at Gatwick for all public services. For special room rates (£100 B&B if booked more than 1 month prior to the seminar) contact the hotel directly and quote ref ICAKUK241118.

*About the speaker:*



J E Townhill DC, DIBAK

Jim Townhill currently runs, together with his wife Sharon, their Chiropractic and Holistic health Clinic “Hanze Chiropractie” in Velp, the Netherlands.

Jim has been teaching for many years and runs the ICAK 100 hours basic course and advanced courses in the Netherlands. The subjects he teaches include, but are not limited to, biomechanics and muscle chains, the immune system, rehabilitation training, lifestyle modification and inflammation control. He is an experienced speaker who has presented to both small and large audiences.

A graduate from the Welsh Institute of Chiropractic, he first studied AK in 2007 and has developed, together with his wife, a successful holistic health clinic that focuses on trying to address the causes of problems, then through a mixture of patient education and treatment to restore or promote health to their patients.

He maintains a strong interest in sport and nutrition. This has led him to work as a chiropractor and nutrition adviser for a semi-pro bike team.

## Conference Application – From Table to Toilet

Name :

Profession + Qualifications :

Address + Postcode :

Email address :

Telephone:

Practice Website

ICAK UK Member      Yes / No

### Prices

\*\*\*\*\* Early-bird £30 discount \*\*\*\*\*

Return your application form and pay by 1 October 2018 to receive the early bird discount.

ICAK UK / International Member.....£280 (early bird price £250 if paid before 1 October)

Non Member.....£320 (early bird price £290 if paid before 1 October)

PAYMENT BY:    bank transfer     /    cheque

Payment is by **cheque**, payable to ICAK UK or by **bank transfer** to ICAK-UK (Account number 91226449, Sort Code 60-17-28, IBAN GB86 NWBK 6017 2891 2264 49, BIC NWBK GB 2L, Bank address NatWest Retford Branch 21 The Square, Retford, Notts, DN22 6DL).

Please note a completed application form is required in ALL instances. Please indicate your payment method above.

RSVP by 11 November 2018 latest to:

Lydia Dudman, ICAK UK Executive Secretary  
Email: [info@icak.co.uk](mailto:info@icak.co.uk)

Email booking and online payment is preferable, but if you prefer to rsvp by post please send your form and cheque to:

Richard Stenning ICAK UK Chair  
193,High St, Honiton  
EX14 1LQ

PLEASE NOTE: NO REFUND of seminar fees for cancellations after 11/11/18 will be given. Any cancellation prior to 11/11/18 will have a £100 administration fee deducted from the refund.