



**Title: “The Effectiveness of Mushroom Nutrition in Women’s Health.\***

CNM “Free Talk Friday”.

**Thursday June 25<sup>th</sup> , 2015**

15:45-17:45

**The College of Naturopathic Medicine**

41 Riding House Street

London, W1W 7BE

Tel: 02075800439

Attendance limited to students and former students of CNM

This 120 minute presentation on mushroom nutrition will address the potential use of mushroom nutrition in women’s health.

Over the last years, women have climbed high mountains in terms of social, political, economical and personal development. However, this ascent comes at a price. Only the number of conditions that have come into everyday conversation is alarming: chronic fatigue syndrome, cancer, gynaecological masses, arthritis, allergies, multiple sensibility syndromes, multi-organic insufficiency and infertility.

Many female conditions and infections are receiving more attention. Western society is looking at Eastern philosophies and nutrition and women are beginning their journey in search of their hearts and inner nature. Northern countries look up to Southern countries because women seem to be closely connected to their core and able to express their feelings more easily.

I am personally very concerned about what could happen in the next decade in Western and Eastern countries given what is happening now. Society is changing everywhere, women are making changes in their lives and environment but we are forgetting who we are as we continue running the race of stress.

In my experience, nutritional mushrooms offer us (doctors, practitioners and women) the opportunity of healing with nature’s gifts. Biologically prepared to be simple, direct and effective, they can balance our body, immune system, nervous system, digestive system; fight against microorganisms; support organs and tissues; and above all, mushrooms can sustain our hope of a healthy life now and into the future.

## Background on Presenter:

Dr. Nuria Lorite Ayán

She is a Licensed Pharmacist with both Masters and Ph.D in Nutrition and Bromatology from the Complutense University of Madrid.

In several universities, she is a well known specialist in Homeopathy and related therapies, Homotoxicology, Biological Medicine, Herbal Therapy and Dietetics, Orthomolecular Nutrition and Nutritional Mushrooms.

Dr. Lorite is licensed practitioner in Traditional Chinese Medicine (TCM). She has completed a graduate and postgraduate degree in TCM with faculty of Beijing University (China). She is a TCM teacher recognized by the same faculty.

(Presently Dr Lorite is defending her thesis for a second Ph.D entitled "The Properties of Food According to Traditional Chinese Medicine and Benefits for Health)

Doctor degree (PhD) in Natural Medicine by Cambridge International University.

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