



## **INTERMITTENT LIVING: A VACCINE FOR MODERN LIFE**

**LIVE WEBINAR**

**THURSDAY 3<sup>RD</sup> DECEMBER 2020 – 7PM – 8PM GMT**

**SPEAKER: JAMIE RICHARDS**

### **EVENT OUTLINE**

Components of intermittent living (which includes intermittent fasting, hypoxia, heat and cold) have been successfully implemented for weight loss, improved body composition, pain management, diabetes control, improved cognitive function and more.

The principles of intermittent living comprise solid, evidence-based solutions to modern life with 10 years of research and clinical evidence supporting every stage, backed further by 15 years of lifestyle research.

### **LEARNING OUTCOMES**

- An understanding of the components of intermittent living
- An understanding of the application of intermittent living
- An appreciation of the evidence base for intermittent living

### **SPEAKER**

Jamie Richards is a Swindon, Bristol and South West-based nutrition, health and performance consultancy. Jamie trained at the Institute of Optimum Nutrition and qualified as a Clinical Psychoneuroimmunologist with the Natura Foundation.

**CONVENOR** Mark Gurden FRCC (Pain), LRCC (Sport)

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### **REGISTRATIONS**

RCC Members participate free of charge. Contact [red.events@rcc-uk.org](mailto:red.events@rcc-uk.org) to register.

Non-Members: £25. Please register and pay online here [rcc-uk.org/rcc-events](http://rcc-uk.org/rcc-events)

Registration opens – 25<sup>th</sup> November 2020

Registration closes – 3<sup>rd</sup> December 2020 – 5pm