

DUBLIN MEETING

On Nutrition

Saturday 27th March at 2.30pm in Carmichael House, North Brunswick Street, Dublin 7.

Caroline McDonagh (from the website www.carolinemcdonagh.com)



Caroline McDonagh is a Holistic and Clinical Nutritionist, Psychotherapist and Success Coach. She is also a practitioner of Holistic Preventative Medicine, Yoga Teacher.

She lectures on Diploma Courses in Nutrition and Dietetics and holds workshops, seminars and courses incorporating her many disciplines.

Caroline has been on TV and radio. Her articles on health and nutrition appear regularly in Newspapers and Health and Personal Development magazines.

Background

Caroline has a strong understanding of natural healing and holistic success approaches – both from her studies in these and related areas and also from her own experience. As a teenager, she developed an unusual virus, and by the time it was accurately diagnosed 4 years later she had gone from being very active and academic to being very debilitated and dependant on her family- hardly able to walk, very little power in her arms and no voice for weeks at a time were just some of the symptoms. Almost constantly in pain, her prognosis was the probability of being in a wheelchair with little hope for any reasonable quality of life. A car accident in which she sustained further spinal injuries only reinforced the doctors prognosis.

Road to Recovery

Refusing to accept her prognosis, Caroline set about investigating the whole area of Holistic Medicine and Mind-training. This journey eventually led her to Dr. Tony Quinn and the Educo System. Quite quickly, with a combination of Mind-training and a tailored healthy eating and supplement plan, Caroline noticed a huge improvement. As a result of this she felt that she had to use what she had experienced and learnt to help others and so began extensive studies in these areas.

Diet Consultations

Caroline believes every individual is unique, she personally tailors programmes for clients taking into account lifestyle, needs, stress levels, level of activity, desired outcomes etc. A consultation takes approximately 1 hour (or longer if necessary). After a thorough case history analysis and some simple diagnostic tests (e.g on muscles, nails, blood pressure, urine sample, bodyfat, weigh, measure etc. as deemed appropriate) working with the client, Caroline designs a balanced, practical, easy-to-follow programme which is then monitored at regular intervals to ensure you achieve your desired results. Relaxation, visualisation and goal-setting can be included also to ensure an understanding of the role the mind plays in total health.

See map below for directions to Carmichael House –

