



North Hampshire  
Medical Fund

**A LIFE IN THE DAY OF...**

*by Elodie Stanley*

***A talk at Hurstbourne Tarrant Community Centre, Church Street,  
Hurstbourne Tarrant, SP11 0AX on Thursday, 22<sup>nd</sup> February at 11.15am***

Elodie's talk, entitled "A Life in the Day of..." examines the dietary and other decisions we make on a daily basis and explains why, where and how these can almost always be improved in the interests of long-term health and mitigation of risk of chronic disease. From why we should 'break our fast' in the morning to what goes on in our sleep at night, explaining 'muffin tops' and how to manage oestrogen levels on the way, Elodie aims to provide one or more important take home messages for everyone.

After a first career in law, Cambridge graduate, Elodie Stanley, returned to University to study first for a Bachelor's and then a Master's Degree in Nutrition Science. She has now been advising clients with issues ranging from mild IBS to chronic disease for more than 15 years. She is currently at Imperial College reading for a PhD examining the roles of diet and environment in the development of cancer. Alongside her research her private practice is increasingly with clients with cancer using a functional and personalised approach to support them through orthodox treatment and beyond.

Contact details: [Medicalfund@hhft.nhs.uk](mailto:Medicalfund@hhft.nhs.uk) or 01256 314759

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