



KEYNOTES

\$9,000 plus GST | *Travel & accomodation costs are separate to these rates. Special rates apply to not-for-profit organisations and charities.*



Evolution Bites Back

Explores four key drivers of human success; Stress; inflammation, search for food, ability to communicate, and how, in our modern world challenge our health. Understanding stress in our modern world; The key to reducing inflammation; Understanding the difference between, nutritional stress and what nourishes your body; The key to harnessing technology and nurturing face-to-face relationships, which are the best predictor of longevity, health and wellness.



Mouth to Mouth

Gives an overview of our society's current state of health; Reveals why health messages are so confusing and often contradictory; Outlines 3 simple and logical steps to personally empower you to better health and wellness. We only get one shot at life, it may as well be a good one. Realising you are best placed to take control of your own health, build resilience and be the best you can be.



Word of Mouth

Explores a hidden epidemic going on right underneath people's noses and reveals the surprising connection between oral health and general health. The mouth is the gateway to good health: Take oral health seriously, your body already does. Improve sleeping, breathing, reduce chronic inflammation and toxicity affecting heart health and much more.

WORKSHOPS

1 Day \$10,000 plus GST - Half Day \$5,000 plus GST | *Travel & accomodation costs are separate to these rates. Special rates apply to not-for-profit organisations and charities.*



Unstress: Simply Be Well

Explore why health messages are so confusing and often contradictory; Outlines the five stressors that break our health down (emotional, environmental, nutritional, postural and dental); Explores the five pillars that build our health back up to personally empower you to better health and wellness (sleep, breathe, nutrition, movement and thought). Provides a broad understanding of health, providing you with specific actions empowering individuals to take control of your own health and wellbeing.

NOTE: If budget is an issue please discuss with Dr Ron directly.

This message of personal empowerment, building resilience and focusing on health & wellness to be the best we can be is just too important. Organisations that focus on the health of their team are organisations people will want to work in, and work with. Be Well.