



*Senior Research Fellow, Centre for Evidence-Based Intervention, University of Oxford; and Founder Director of the UK charity Food And Behaviour (FAB) Research.*

## A Masterclass with Alex Richardson

Dr Richardson is one of the world's leading experts on the role of nutrition (especially dietary fats) on brain development and function and its implications for mood, behaviour and learning. Her 90+ research publications including pioneering trials of omega-3 for ADHD, dyslexia, depression and children's behaviour and learning, including the Oxford-Durham study and the DHA Oxford Learning and Behaviour (DOLAB) trials. A regular press contributor globally, Alex is in great demand as a speaker for public, professional and academic audiences.

## 'Getting the Fats Right': A Master class on the Importance of Dietary Fats for Health, Wellbeing and Performance.

### Benefits of Attending:

- Learn how the Omega 3/6 balance affects brain development and function as well as physical health, and the implications for conditions like ADHD, autism, depression and dementia.
- Understand why the long-chain omega-3 (EPA / DHA) are so important but usually lacking from UK diets, and how our food choices can improve the omega-3/6 balance.
- Gain a working knowledge of findings from the latest controlled treatment trials of omega-3 and other nutrients for mental health, wellbeing and performance, in pregnant mothers, children and adults.

**Tuesday 24th November, 2-5pm.**

**£25 / £20 early bird**

**Venue:**

**Indian YMCA,  
41 Fitzroy Square  
London W1T 6AQ**

**Bookings and info:**

**All About Natural Medicine.  
[www.AllAboutNaturalMedicine.com](http://www.AllAboutNaturalMedicine.com)  
020 8350 4607 / 07984 592 626 Steve**

**£10 will be donated to FAB Research  
for each ticket sold. [www.fabresearch.org](http://www.fabresearch.org)**

(Food and Behaviour Research (FAB Research), established in 2003, is a charitable organisation dedicated both to advancing scientific research into the links between nutrition and human behaviour and to making the findings from such research available to the widest possible audience. )

**In association with:**

