

LOW TOX LIFE

WITH ALEXX STUART

SPEAKING AND WORKSHOPS

TOPICS

IS YOUR FOOD A STRANGER?

We look at the most harmful enemies in our food choices today, how to identify and replace them with food that is 'friend' to our bodies. This talk includes ideas on managing the transition towards being a "Real Food" eater yourself and for your family - including how to empower kids to be a part of the conversation. This is also perfect for children's day care and school cooks and educators.

FOR THE LOVE OF VEGETABLES

An empowering session to help you get more creative in the kitchen without taking more time, when it comes to your vegetables. If we doubled or tripled our veggies and crowded out other things, we'd be ahead in life, that's for certain! Two different vegetable dishes are prepared and confidence and empowerment are the emotional outcomes. No need for a kitchen.

WASTE NOT -THERE IS NO "AWAY"

A workshop to empower everyone towards drastically lowering your household waste. Alexx's little family of 3 used to have a big 50Litre bin and empty it every few days. Now they have an 11 litre bin that they empty about once a fortnight. You will come away with everything you need to know about making trash into treasure with creative cooking tips as well as general wastage reduction tips.

HOW TO LIVE A "LOW TOX LIFE"

This talk offers a broad look at why Alexx coined the phrase "Low Tox" and what it means for all of us. She explores the key ways to have a successful, positive journey towards better health for you and the planet. Relaxation, great food, cleaner environment, toxic free products, love, mindfulness, movement, fulfilment and a sense of purpose...

BREATHE, HONEY BREATHE

A talk that will show you what's in most standard cleaning products and artificially scented products, what they can potentially do to our health. We talk about the implication on our endocrine system, metabolism and weight as well as our reproductive health. We look at where these synthetic fragrances are lurking at home, and how to swap them out.

WHAT'S GOING ON?

We know that we should be eating real food, but what about what we put on our body's largest organ? OUR SKIN. In this talk, Alexx shares the major 12 common nasties we put on our skin, and what their risks are. You'll learn how to decode the average label, and how to either make your own better products, or find truly green brands. You will know what questions to ask, where to look and how to spot a phoney, when shopping for lower tox products from now on.

AUDIENCE

These talks are perfect for parents, schools, corporate wellness or other community events and will be slightly adapted depending on the audience goals discussed during booking.

DURATION

Durations vary and can be adapted to your needs. Two topics can be brought together to form a "workshop" length morning or evening with a break for refreshments between the two.

RATES

- Sydney from \$1,000
- NSW outside Sydney metro from \$1,200 (ex. Expenses)
- Interstate from \$1,500 (ex. expenses)
- International POA

Alexx is always happy to create something bespoke for your audience or brand if the fit is right. Customised requests will be quoted separately.