

# LOW TOX LIFE®

## SPEAKING AND WORKSHOPS

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### 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 50 Litre 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, fulfillment 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.

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

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### 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.

**Pricing varies depending on length of time of keynote or workshop and the level of customization you may wish for.**

### 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: Between \$1k - \$3k
  - NSW outside Sydney metro: between \$1.5k - \$3.5k
  - Interstate: between \$1.5k - \$3.5k (excluding expenses: flights, all airport transfers, incidentals, accommodation and hire car if required)
  - International POA
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## ADDITIONAL OPTIONS FOR CONFERENCES AND EVENTS

As you may know, Alexx is the author of best selling book Low Tox Life, published by Murdoch Books already in its 3rd reprint. In the book, Alexx explains what it is to live a low tox life and how she came about naming and designing the lifestyle, and focuses on four key areas: Body, Home, Food and Mind. Sharing the latest science and advice from experts in each area, Alexx tackles everything from endocrine-disruptors in beauty products to the challenge of going low plastic in a high-plastic world, how to clean without a hit of harmful toxins, how to navigate the ever confusing food landscape, and so much more.

### GIFTING THE BOOK TO ATTENDEES

The gift that gives long beyond the keynote... It's like gifting the attendees their very own low tox coach, that they can go back to again and again for inspiration and support as they continue to make changes for their health and the planet's.

- Purchase 50-200 books or more at the special event price of \$27 each, get 50% discount on speaker fee
- Purchase 200 books or more at \$27 each, the speaker fee is waived and you only pay for travel expenses if applicable. We will have these books delivered ahead of time and signed by Alexx. People who wish to have the signature personalised can do so at the event.

### BOOK INCLUDED IN TICKET PRICE FOR COMMUNITY EVENTS

As an alternative, we suggest that if yours is a ticketed event, you can have a ticket for attendance as well as a ticket with a copy of the book included. So if you were charging \$30 for the ticket to attend your event, you could have a "pre buy your copy of Low tox Life with your ticket and save \$5 off the RRP of \$35 and pick up your signed copy on the night." The cost of the book can be included in the ticket price and then having a \$60 ticket price+book option on your booking software. Having two ticket prices (one that includes the book and one that doesn't) ensures that people who already own a copy can still have the option to purchase a ticket.