

Company Profile



Creating good body chemistry through education

One-on-one health conversations • keynotes • workshops

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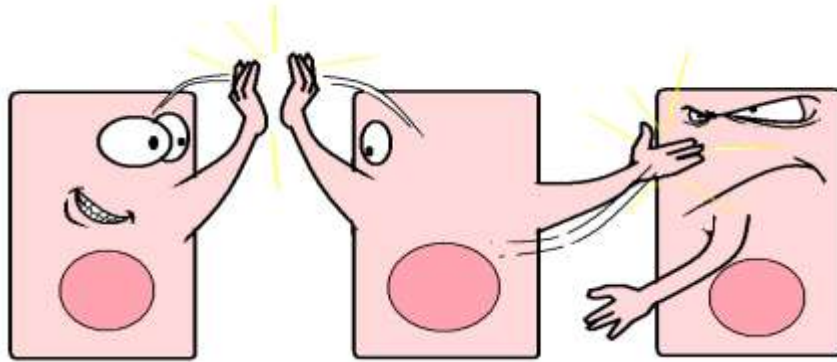
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www.spoonfulofscience.com

www.7bigspoons.com

Introduction

The average human has 50 – 75 trillion human cells, plus even more bacteria. To function properly, all these cells need to be on the same page and talk to one another. Cells communicate through chemicals.



When your chemicals are in balance you feel good,

when your chemicals are out of balance you feel

fatigued, fragile, foggy, frumpy and fed-up

Your exact combination of chemicals is ultimately dependent on your genes.

But which genes are turned on or off is influenced by what you do.

At Spoonful of Science, we provide a variety of customized resources for organizations and individuals seeking to maximize their performance through better body chemistry.

The information we provide is :

- Scientifically sound
- In plain English not scientificeese or marketeese
- Funny
- Informative
- Empowering



Mission & values

Body chemistry begins with genes. But as science has unravelled more and more of the genetic blueprint, it has become increasingly obvious that the presence of a gene is really only the first level of control.

The activity i.e. whether the gene is turned on or off ultimately determines the balance of chemicals in the body.

Imbalances in body chemistry are what ultimately bring on dis-ease.

The switching on and off of a host of genes is ultimately determined by lifestyle.

Lifestyle is actually more than just whether you eat McDonald's every night and sit on the couch. Diet and exercise are significant role players, but your sleep patterns, your relationships, your hygiene habits, your stress levels and chemical habits all contribute.

Small things can have a big impact on overall health.

I have watched students, colleagues, family members and friends struggle with bad body chemistry, because they're making poor health choices.

Poor health choices are typically based on ignorance and/or poor advice.

I have studied and taught pharmacology for the past 20 years, but the information based on good science that I give my students, is not packaged in such a way as to be easily accessible to the ordinary person.

The reason I established Spoonful of Science is to make this science based advice accessible to individuals in their homes, schools and workplaces.



Dr Sandy



Our Service Offerings



Cheat the fat genes

The Cheat the Fat Genes programme helps you understand the “chemistry” behind weight accumulation. Once you understand the “why”, you will be equipped to make small changes in your lifestyle, which will bring big changes in your body chemistry and ensure you shed those extra kilograms permanently.

The “Cheat the Fat Genes” programme is divided into 5 modules.

A— Managing the fuel supply

We begin with the foundation module which will teach you about the best fuel to put in your engine.

B – Taking charge of the control room

We look at what drives those hunger pangs so you can take back control.

C – Tuning the engine

We turn up the heat by servicing the engine, so that it is firing on all cylinders.

D – Cooking the books

Just like accountants have found ways to cook the books, in this module we learn how to fiddle the fat balance sheet, a little.

E – Sinking the saboteurs

If you think the world is out to get you – you’re right, in this module we uncover the schemes and devices that wreck attempts to lose those extra pounds. Being forewarned allows you to strengthen the defences.



Health conversations



You know good health is no accident.
You want to optimize your health and figure out what is the best option(s) for you.

Discover how you can take charge of your health.

Engage in a health conversation

Structured conversations about.....

- Diabetes (Type II)
- Infertility
- Breast cancer – not just detecting it, avoiding it
- Osteoporosis
- High cholesterol
- HIV/AIDS
- High blood pressure
- ADHD

Unstructured conversation about your specific health issues

Are you longing for a deep meaningful conversation about your health, but your doctor and pharmacist are too busy to answer your questions.

Find out....

- Exactly what is wrong with you.
- What will happen going forward.
- How do the drug(s) you've been prescribed work ?
- Do you really need to take them all ?
- Are there things you can do to make the drugs work better ?
- What can go wrong ? What should you look out for ?
- Is there anything else you can do ?
- Are there foods/supplements that could help ?
- Are there foods/supplements that you should avoid ?





Keynotes

Tired of the standard approaches to managing performance time management, getting organized, thinking positive.

Success in the 21st century depends on being able to out perform “the competition”.

Better performance requires BETTER BODY CHEMISTRY.

Athletes have experimented to improve their physical performance for years, combining drugs and nutrients to shave off a second or two from their time and secure the gold medal. Now corporate executives, salesmen and students are looking for tools to get them and keep them, at the top, in an increasingly competitive world.

Cognitive enhancement through chemistry

It is not a new concept. You’ve probably been using a cognitive enhancer most of your life.....



Spoonful of Science helps employees ...

“Use a little chemistry to enhance performance in the workplace”

The audience is introduced to the world of nootropics (smart drugs) as the “medicine chest” is opened to reveal what’s available, what works, what doesn’t. Guidelines are given on how to use smart drugs, such as caffeine, safely to maximize your performance and minimize adverse effects.

Other popular keynotes

“How Father Christmas survives Christmas”

Ideal for year end functions

“The boa and the can-can girl”

Perfect for a ladies only events



FOR STUDENTS

NEUROTECHNOLOGY



In the stress of the moment, pressurized to perform, many learners expose their brain's to "toxic" doses of caffeine, load up with junk food and pull "all nighters".

These study patterns sabotage all the effort put into preparing for the exams.

Spoonful of Science offers a programme to STOP



BRAIN ABUSE !

The programme introduces learners to the world of

- Smart "drugs" (and touches on the not so smart drugs)
- Smart foods
- Smart behaviours
- Smart music
- Smart thinking

The presentations are filled with lots of ideas and strategies.

Learners can select the tools that will help them to take charge of their learning, so that they soak up the facts and figures faster. The tools learnt help ensure that their learning sticks.

Learners can access ongoing support through weekly Neurotechnology Tips.

NOTE : Programme can be run as a keynote or workshop and includes an assessment so learners can analyze their current behaviours.





Everyone has a unique combination of the different chemicals, these chemicals give you your unique personality, as well as your health profile. When they are in balance you are well, but if they are out of balance, this brings disease or the “old and tired feeling”.

Your exact combination of chemicals is ultimately dependent on your genes. Some diseases are caused by having a faulty copy of a specific gene e.g. cystic fibrosis. But lifestyle diseases, such as diabetes and heart disease, involve genes, PLUS environment (epigenetics).

The good news is that our lives are not just a roller coaster ride determined by our genes. We have some degree of control. We can control some of the switches.

To control our genes we need to understand the “master” switches.

The 7 Big Spoons™ are “master” switches, which are actually relatively easy to control.

www.7BigSpoons.com

teaches you how to flip these switches so you enjoy better body chemistry.



Just browse our website

or

Grab our free E-course

“31 days to better body chemistry”

PLUS - sign up for our free monthly e-zine (E-spoons)

The advice is simple to follow and based on REAL science, not hype.



Our value proposition

REAL SCIENCE. REAL HEALTH. REAL SIMPLE.

Dr Sandy is not a medical doctor, but has a PhD in Pharmacology (the study of drugs), and has taught pharmacology to medical and science students for over 15 years. She knows drugs in all their different forms, from traditional chemicals, to modern biopharmaceuticals, as well as the oldest drug of all, food.

She knows how to explain complex scientific material in such a way that it can be understood by anyone.

Dr Sandy's presentation and speaking style is refreshingly informal and uniquely engaging. She involves her audience directly making complex issues understandable in a delightfully common-sense humorous manner. Her entertaining insights and delivery make her an unforgettable.

The insights and wisdom she shares represents a credibility born out of extensive academic research and profound personal experience.

Dr Sandy Evans is a great communicator! She has the ability to help her listeners see how science works out in their day to day lives. She uses very simple terms to explain very complex issues...and she is very good at it.

Mulondani Nicolas Kyalangalilwa
Co-Founder of SESHABA health

I was diagnosed with a arthritic condition about 5 years ago. My doctor gave me a pamphlet to read about the condition and prescribed pain killers .

Our medical aid benefits were severely depleted when my husband became ill, so I stopped taking the prescription medicine and purchased anti-arthritic medicine at my local pharmacy.

I suffered a severe flair up and could not move my head or neck. I made an appointment with Dr Sandy to discuss my options.

Dr Sandy explained why I had the pain and how the prescription medicines worked, as well as why the pills I had bought at the pharmacy were not helping.

She was able to suggest a non-prescription alternative to relieve my pain. I started taking the pills and within 3 days the neck stiffness and soariness was gone.

I have found that her advice has helped me enormously. She is very knowledgeable about medications.

Jean Bailie



Pricing

7 Big Spoons™ is a free resource available on internet at www.7bigspoons.com.

The blog is updated every week day with news from the world of science, written in plain English not scientificese.

E-spoons is a compilation of the posts appearing on 7 Big Spoons blog in the preceding month. E-spoons is published on the first Wednesday of each month and is free. To receive the e-zine requires subscription. Visit www.spoonfulofscience.com to register.

Neurotechnology Tips is a free weekly newsletter providing students with tips on using brain science to improve academic performance. To receive Neurotechnology Tips requires subscription. Visit www.spoonfulofscience.com to register.

Cheat the fat Genes modules and health conversations

Individual consultation : R 500.00 p/person

Groups of people : R 350.00 p/person

Host a group of 5 or more people and attend for free.

Discounted rates for

- Groups > 10 people
- School groups
- Family groups

Fundraising opportunities for organizations.

Keynotes

Keynotes range from 20 min to 90 minutes.

Rate depends on size of audience and length of programme.

For price queries, e-mail drsandy@spoonfulofscience.com

