



Charlize Snoox

Naturopaat, Auteur, Anti-aging Expert

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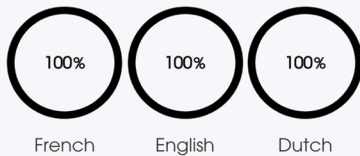
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Consultant

- General Nutrition & Diet
- General Health & Detox
- Naturopathy
- Holistic Lifestyle
- Genetics
- Bach Blossom Therapy
- Stress and Burnout
- Natural Skin Care

Languages



Focus areas

do it natural

- Founder of the do it natural - method
- Anti-aging lifestyle founded on all the knowledge of the holistic & natural lifestyle
- Staying healthy in times of chemical dominance and pollution
- Genetics

Training

Triple Counselorship I and II :
Nutrition - Health - Lifestyle

COMPLEMENTARY HEALTH CARE

- Regular health care & The medical paradox
- Traditional and Western medicine
- Folk medicine, Traditional herbal medicine and Self-Medication
- Naturopathy as a starting point
Natural remedies and Therapeutic practice
- Humoral Pathology & Typology
- The Self-Healing power
- Illness according to the Regular health care
- Disease according to Natural Medicine
- Homotoxicology
- Aging phases

NATURAL FOOD

- The misleading food industry
- Misconceptions about food
- Taste, traditions, food culture and agriculture
- Nutrition and personality
- Nutritional physiology. The essence and principles of bioenergetic nutrition
- The human digestive system, the gut flora and intestinal autointoxication
- Digestive physiology. The water balance. Good and bad food combinations.
- Eating disorders. Obesity. Hormonal abnormalities. Heredity. Diseases. Aging
- The healing effects of nutrition. Selfcare. Detoxification. Supportive therapies
- Slim, fit and vital. Nutrition for athletes, seniors, babies & kids, pregnant women

Experiences

CONSULTING

- Consulting - Antwerp Group Practice •
- Online personal consulting - Zoom •

WEBINARS

- Webinars for companies - Zoom •

AUTHOR

NUTRITION •

- Your ally against aging and diseases

HEALTH •

- Prevent illnesses. A deeper insight into what 'health' means

NATURAL REMEDIES FOR ILLNESSES AND AILMENTS •

- Apply the healing power of nature at home

LIVE SMART •

- Smarter living in times of chemical dominance and pollution

TEST YOURSELF •

- Test your knowledge about nutrition, health, lifestyle, illnesses and ailments

NATURAL CARE, MAKE-UP AND SCENTS •

- The anti-aging boost for your looks

Other

- International fashion model •
- Diplomas: Account Management I and II •
- Hobby Diploma: Cooking & Hotel Business •

NATURAL WAY OF LIFE

- Nature-oriented attitude
- The human territory
- Man and his ego

PHILOSOPHY OF LIFE & SPIRITUALITY

- The philosophy of nature as a starting point
- Life is unity. The human view. Reality
- The physical, mental, experiential and cosmic consciousness

MODERN GENETICS

- The genome. Your genetic orientation. Personality and character theory
- Humanities. Universal law. Analogy. Signature theory. Cognition
- Man. Woman. The unity idea
- Philosophy of nature. Natural medicine. Anatomy-physiology. Constitution doctrine
- The biological-, instinctive-, creative-, intellectual-, intuitive-, spiritual-, emotional- and transcendental life
- Life aspects: sense of time, decisions, objective-subjective, value judgments, and others
- Modern man: self-image, organizations, relationships, professional work, and others
- Problems and solutions: personality formation, work relations, leadership, education, relationship & partnership, raising children, creativity & art, leisure activities, and others

BIORELAXATION

- Stress and nervous system problems
- Relaxation techniques: breathing, self-hypnosis, magnetism, biomeditation, eutony, and others

DR. BACH FLOWERS

- Preparation, potency and application of the flower remedies