

CERTIFICATE

OF COMPLETION

Natalie Brady NZ

*The Relationship Between Melatonin, Time-Restricted Eating,
and Calorie Restriction on Mitochondrial Function and Improved
Metabolism*

*In this 75-minute webinar Dr Kurt Woeller discusses some of these natural interventions linked to the biological
rhythms of sleep-wake cycling, phase eating, and melatonin output.*

has completed the following course on 12th October 2024

AWARDED BY



MICHELE WILTON

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