

# CERTIFICATE

## OF COMPLETION

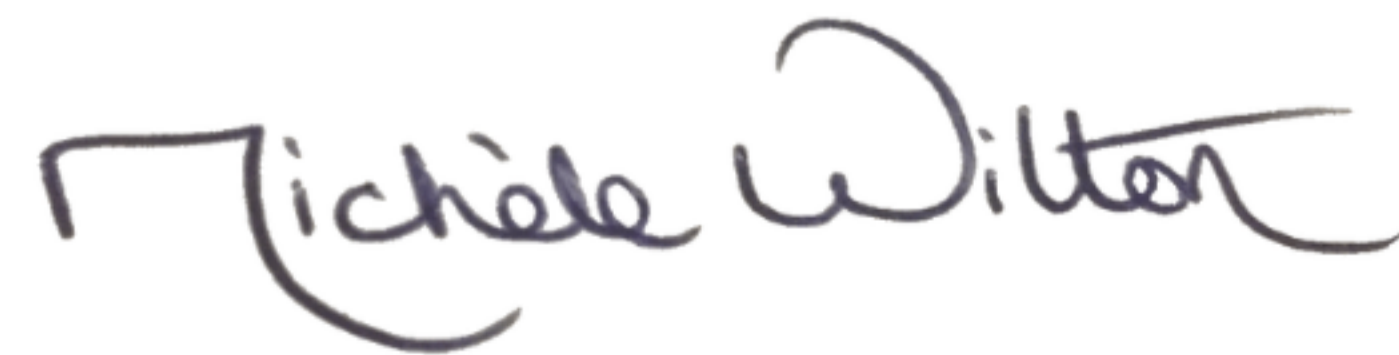
*Jeannie Blakemore Blakemore*

*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 5th November 2024*

AWARDED BY



MICHELE WILTON

**fx**  
**MED**

WWW.FXMED.CO.NZ