

Work with your body clock

Struggling with sleep?
Relying on coffee to power through?
Working through the late hours or at night?
Want to make intermittent fasting work?

Explore the latest evidence on why and how to look after your body clock, taking care of your mental and physical wellbeing.

- ✦ **night shift-work**
- ✦ **intermittent fasting**
- ✦ **caffeine**
- ✦ **sleep**
- ✦ **chrononutrition**

"Clem is great at combining the scientific evidence with the reality of day-to-day of life, making it informative, enlightening and actionable"
Genine, THM Partners

more info:



Clémence Cleave (MSc, RNutr) is a registered nutritionist, published author, trained chef, lecturer and public speaker on food, nutrition and public health matters. She works with individuals, groups and organisations, empowering people to improve their health and holistic wellbeing.

