

# THE MATTER OF LIFE KAY McDONNELL

*The Matter of Life* comprises answers to the questions asked most frequently by Kay's clients on the issues of health, nutrition and complementary therapies. The advice and information she offers is collected from a variety of the best sources around the world, in addition to the knowledge and experience Kay herself has gathered since she first started working as a complementary therapist.

**Kay McDonnell** (ITEC, IRI, IMTA) has worked for the past 15 years as a complementary therapist, specialising in massage, advanced reflexology and IPL laser therapy. She owns the Listowel Therapy Centre in county Kerry, where she offers a wide range of treatments, along with running courses on healthy eating, which focus on providing the body with the right fuel so that it can remain healthy or return to a state of health. The Listowel Therapy Centre also hosts therapists and practitioners from around Ireland and the UK on a regular basis. See [www.kaymcdonnell.com](http://www.kaymcdonnell.com) for updates on courses and visiting therapists.



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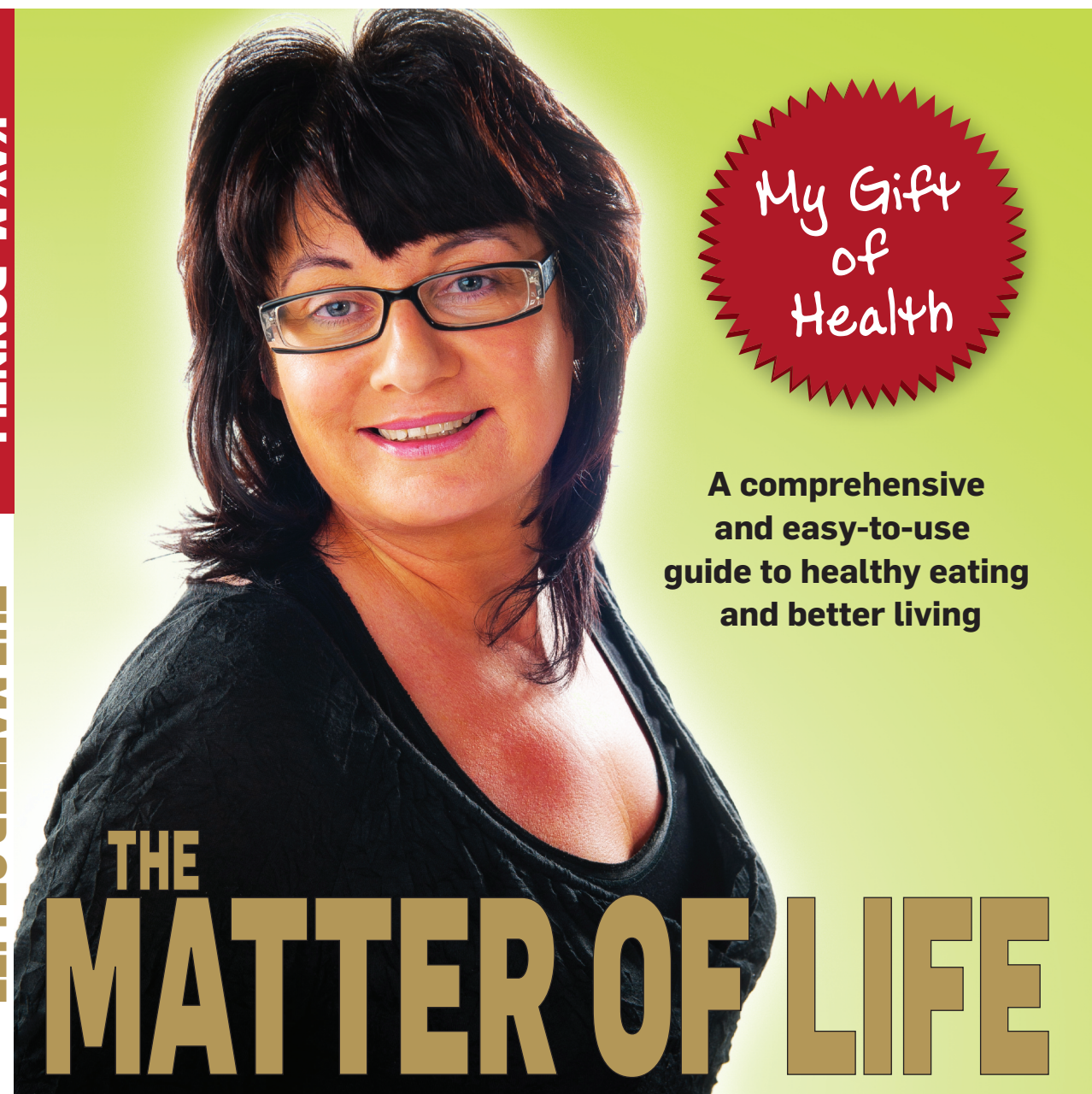
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KAY McDONNELL

THE MATTER OF LIFE



My Gift  
of  
Health

**A comprehensive  
and easy-to-use  
guide to healthy eating  
and better living**

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'I HAVE READ THIS MOST COMPREHENSIVE BOOK WITH THE GREATEST OF INTEREST. I AM INDEED VERY IMPRESSED WITH THE KNOWLEDGE OF THE WRITER. THIS BOOK COULD BE A WELCOME ADDITION TO ANY HOUSEHOLD, AS I FOUND IT AN EASY READ, MOST HELPFUL AND INFORMATIVE.'

**JAN DE VRIES**

