

NUTRITION 101-BACK TO THE BASICS

COME LEARN, OR RELEARN, THE BASIC FUNDAMENTALS OF A
HEALTHY DIETARY LIFESTYLE

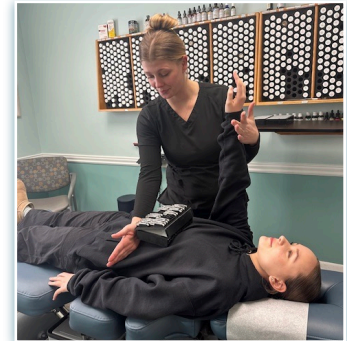
Presented By

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Certified in First Line
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Caity Smith

Certified in Nutrition
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Degree in Applied
Science in Integrative
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trained in Nutrition
Response Testing and
Advanced Intolerance
Elimination
Technique (AIET)——
Allergy clearing



- Are you tired of bouncing from one popular diet to another?
- Would you like to learn how to add health and add longevity to your body?
- Are you confused by what is healthy food and what is unhealthy food?

We are here to help you make sense out of all these issues while at the same time teach you how to easily take more responsibility for your own health, reduce the time and cost of the health program you may already be doing, learn alternative snacks/foods you can eat to help handle cravings, as well as learn about some of the services we offer to pinpoint foods that are bad for you and much more.

This Seminar Is Designed For The Following Purposes

- Help the patient or guest learn how to take more responsibility for their own health so that they may reduce or avoid prescription drugs.
- Live a longer more vibrant life.
- To be more self sufficient resulting in reduced visits for both health care and chiropractic care.
- Learn how to feel better and have more energy through dietary changes.

Seminar Details

Date: March 24th

Time: 6:30

Location; 20415 Mack
Ave Grosse Pointe
Woods, 48236

Call 313-881-7677 to
reserve your seat.
Seating is limited