

# 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 Nutrition  
& Wellness

Consulting, has her  
Associates Degree in  
Applied Science in  
Integrative Health  
Sciences, Certified 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 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.

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## **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: Monday  
November 24th  
Time: 6:30

This Seminar will be  
presented live on our  
Facebook page!