

Bodahealth



Are your hormones making you overweight and anxious?

Three-Hour Workshop

Natural Solutions for Thyroid & Adrenal Dysfunction

Learn valuable strategies to support your thyroid and adrenal function:

- rejuvenate your energy
- boost your metabolism to enable weight loss
- overcome depression & brain fog
- alleviate muscle soreness & dry skin
- get a restful night's sleep

Join **Dr. Jeda Boughton** and Registered Holistic Nutritionist **Judy Chambers** in an exploration of the reasons why thyroid and adrenal imbalance has become so prevalent, why people are not getting better and what to do about it.

Date: Saturday, November 8th, 2014
Time: 1:00–4:00 pm
Location: Canadian School of Natural Nutrition Suite #100–2245 West Broadway
Cost: \$55 / \$45 for CSNN students
 Seating is limited
 Register by October 24th to save \$10

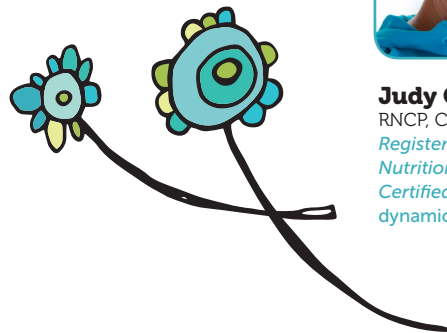
To register Call: 604.733.2632 or email: info@bodahealth.ca



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Enjoy a life of **optimal wellness**



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