

**FOOD/ SUPPLEMENT TESTING
NUTRITION EDUCATION WORKSHOP**

You Are What You Eat – Change Your Diet And Enjoy a New YOU

SATURDAY, 5 APRIL 2008

9.30 am – 5.00 pm Investment: \$195

(includes free copy of Dr. Dewe's Super Supplements book)

Venue: International Institute of Kinesiology Australia
Level 1 / 39 Mitchell Road, Alexandria 2015

What you will learn in this one day workshop:

- Demystify the difference between synthetic supplements and wholefood concentrate products made from living food
- Understand the difference between biocidic - biostatic- biogenic foods & supplements & their effects on your energy levels and immune status
- Chain of Life & 6 Stages of Nutrition: you are only as healthy as your cells !!
- Learn muscle testing as a reliable biofeedback system to identify food sensitivities & intolerances to supplements and herbs
- Decrease your toxic overload by choosing non toxic, bio-degradable cleaning products & strengthen your immunity
- Importance of Omega 3 Fatty Acids for the human body
How the right omega 3s help reduce inflammation & boost the immune system
- How Stress increases your needs for specific nutrients: RDA vs. SDA vs. therapeutic dosages and anti-aging strategies for vitality & longevity
- Receive Your Tailored Nutritional Program - prevention is always better than the cure.

A deposit of \$ 100 (by cheque or money order) will secure your place
For more information please phone Katha Jones (02) 9315 5704

www.iikinesiology.com

Registration Form: Food & Supplement Testing Saturday 5/4/08

Name:

Address:

Ph (home):

Mobile:

Please return this slip with your deposit of \$100 to Katha Jones,
39 Mitchell Road, Alexandria NSW 2015. Deposit is non-refundable!