

Low fat dieting got you down? Learn how you can eat fat to lose fat! *By Sally Fallon Morell*

Author and President of The Weston A. Price Foundation, Sally Fallon Morell, exposes the dangers of low-fat diets and how low-fat propaganda and faulty research has robbed Americans of their health and vitality based in large part on demonizing healthy oils while promoting unhealthy oils. During this compelling presentation, you will learn why animal fats and cholesterol-rich foods are key nutrients necessary for normal growth, proper function of the brain and nervous system, protection from disease, optimum energy levels, and the proper development of babies and children.

Sally Fallon Morell is a journalist, chef, nutrition researcher, homemaker, community activist, and Founder and President of the Weston A Price Foundation. She is also the author of “Nourishing Traditions: The Cookbook that Challenges Politically Correct Nutrition and the Diet Dictocrats”, “Eat Fat - Lose Fat”, and numerous holistic articles on achieving optimal health and wellness through nutrition. Her work is widely respected for providing accurate and understandable explanations of complicated subjects in the field of nutrition and health.

Take back your life ~ the miracle of natural hormones. *By David Brownstein, M.D.*

Dr. David Brownstein will amaze you by sharing how natural hormones can change your life. Learn how the use of natural hormones and other natural remedies can treat or even reverse many chronic conditions such as heart disease, PMS, menopause, chronic fatigue syndrome, fibromyalgia, migraine headaches, hypothyroidism and many more conditions. Dr. Brownstein presents actual case studies taken from his own medical practice to describe how unique holistic treatments can be used to balance hormones and promote optimal wellness. Get the bottom line on why natural hormones are safer and more effective than synthetic hormones and learn critical guidelines for safely and effectively using hormone replacement therapy.

David Brownstein, M.D. is a Board-Certified family physician and is one of the foremost practitioners of holistic medicine. He is the Medical Director of the Center for Holistic Medicine in West Bloomfield, MI. Dr. Brownstein has lectured internationally to physicians and others about his success in using natural hormones and nutritional therapies in his practice. Dr. Brownstein has authored seven books including *The Miracle of Natural Hormones (3rd Ed.)*

Getting Gutsy ~ how your digestive system influences your overall health.

By Marjie Andrejciw, MT (ASCP), MS, NC

Consider what it might mean if a myriad of health issues, such as brain fog, acne, eczema, yeast overgrowth, allergies, fibromyalgia, and numerous other chronic illnesses were actually your body's way of responding to a serious problem in your “gut”. If this is true, it would follow that conventional remedies used to treat symptoms of these conditions would be rendered useless in actually restoring good health. If you suffer from chronic

health conditions, you owe it to yourself to learn how your inner ecosystem is likely to contributing to, if not derailing, your poor health. Walk away from this presentation with powerful information about the factors that influence your inner ecosystem, the health benefits of maintaining proper digestive balance, and a four-step approach for bringing your “gut ecology” back to health.

Marjie C. Andrejciw is a Holistic Nutritional Counselor and a Defeat Autism Now! Practitioner. She practices the Weston A. Price philosophies and is a member of the National Association of Nutritional Professionals (NANP). She has a master’s degree in Holistic Nutrition from Hawthorn University. Her business is Circle of Life Nutrition located in Fenton, MI. Marjie works with autistic children by recommending the necessary building blocks so that their bodies can heal allowing the lights to come back on. In addition, she works with clients suffering with a multitude of chronic illness.

Breakfast, Lunch & Dinner getting it done without giving up on your favorites.
By Sally Fallon Morell

Breakfast, Lunch and Dinner: Having trouble getting started with a traditional diet? Based on the research of Dr. Weston A. Price, Ms. Fallon Morell helps you understand the compelling need to return to traditional food choices and preparation techniques. She explains the importance of organic farming and pasture-fed livestock and makes clear why eating whole traditional foods, properly prepared is essential to health and vitality. During this lively session, you will learn practical suggestions for making the transition to more traditional foods as well as how to prepare no-fuss, economical meals

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