



Stay Healthy!

Stock up on Flu & Cold Remedies – Sale extended until Fri., Nov. 13th

Women's Health Series continues for the next three Thursdays at Old East Studios.

UP NEXT:

Nov. 12th 7-9:30 pm
Beth Sutherland
Helen Luczak

Also Coming Up:

Eat Right Seminar
Sun., Nov. 22nd

Free Eat Right Webinar
Nov. 27th

Women's Health
New Price \$35 pass

Green Smoothies
Demonstration

www.waytotonutrition.com

RSVP by calling

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Get ready for the cold and flu Season

The response to our **Building Immunity web pages** has been terrific. We've posted all sorts of articles there on vaccinations and H1N1 facts and, of course, alternative approaches. We also have had such a great response to our **Preventing Flu & Building Immunity Sale** that it's

extended until **Fri. Nov. 13th**. Email us @ luczak@rogers.com to request the price list as well as our **Top 10 Flu Buster Supplements** which includes the ingredient list as well as special prices. <http://www.waytotonutrition.com/events%20Building%20Immunity.htm>. Feel free to call us at 519-680-2884.

Green Smoothies

Although we didn't expect to be offering classes on how to make the perfect **Green Smoothie** with an assortment of fresh dark leafy green vegetables and luscious fruit, your interest has prompted us to offer **one more class** before the holidays begin.

We are polling our list of interested people especially those who have expressed an interest in purchasing a 3.5 HP **Waring Blender**. There is a blender shipment arriving in November.

If you would like some sample recipes or info about the benefits of a green smoothie program, just email us or: <http://www.waytotonutrition.com/liveenzyme.htm> On the website, you'll also find a list of super foods including products we sell such as: sprouted barley grass juice, seabuckthorn berry juice (both in frozen 1 oz. containers as well as sprouted flaxseed.

Christmas Giving

Looking for a new fun idea to spice up your Christmas Party? Why not invite a **numerologist** to come and **entertain your staff or friends**. If you are "stuck" on what to buy people who seem to have everything, consider purchasing a **Numerology Report** gift certificate.

Other Gift Ideas:

Blood Type Diet CD matched to your blood type which contain a ton of information including food lists; menu planner; recipes; health profile information, etc. Ask us to send you the subject index for the CD.

Simply Delicious & Nutritious Cook Book Purchase a Cook Book and a CD for \$50 (save \$15). Orders now being taken.

Detox Supplements -- valuable items to help you get through the holidays!

W.I.S.E. Nutritional Assessment to help improve your diet. Call 519-680-2884.

Two Great Topics – Thurs. Nov. 12th, 7:00-9:30 pm



Beth Sutherland
Empowerment Coach

Women's Health & Wellness Series

The Women's Health & Wellness Package has a new lower price since we're nearing the end of the Series. A \$35 pass entitles you to attend three Thursday Session *PLUS two Webinars* choosing from topics: 1) Thyroid & Adrenal Support.; 2) Preparing for Menopause; 3) PMS; or 4) Bioidentical Hormones.

Individual Thursday classes cost \$20 and Webinars \$15. Ask for our Speakers Calendar or call 519-680-2884.

Empowerment Coach **Beth Sutherland** will speak on **“Mind-Over-Weight - It's All in Your Head Success Formula.**

Imagine, if you can, your ideal body weight achieved with the power of thought rather than diet and exercise. Beth says that the reason we are holding onto to excess weight (or gained it back again) is because of the thoughts, feelings and emotions we experience. Negative self talk, or beliefs passed on by others, are actually stored on a cellular level and are re-charged ever time we have those same thoughts or buy into the beliefs of others.

Preventative Health Care Practitioner **Helen Luczak** will speak on **“Alone At Last - Say Goodbye to Candida & Parasites**

Candida is a pathogenic fungus in the digestive tract which produces toxins that weaken the immune system. Some of the symptoms could be PMS, sexual dysfunction, sugar craving, fatigue, headache, depression, poor memory and low body temperature. A special candida control diet plus candida-killing herbal or homeopathic remedies will be discussed along with how to eliminate parasites and improve liver function.

Eat Right 4 Your Type Enhances Immunity

Eat Right 4 Your Type is not only the name of Dr. Peter D'Adamo's famous book which categorizes foods for each of the four blood types (**beneficial, neutral, and avoid**); but it's also a system geared towards enhancing your strengths and **improving immunity**.

Type Os, for instance, have sufficient stomach acid to digest meat protein as well as the enzyme in their colon that breaks down the fat; it's the opposite for Type As. The exercise program for these two types is also polarized with Os benefitting from intensive aerobics and Type As from gentler yoga, tai chi or Pilates.

Join us on **Sun. Nov. 22nd, 1:30-4:30 p.m.** at the **Sarnia Holistic Health Centre** for an Eat Right

seminar where you can learn about the science; food highlights; health challenges and even personality traits. The cost is \$30 and advance registrants may also order a CD or Cook Book at discounted prices.

In January, a three-part **Eat Right series** will be offered in **London**. We are also excited about **Blood Type Diet Webinars** which you can participate in either through your computer or telephone. RSVP for the next **free Intro to the BTD webinar** being held **Fri. Nov. 27th at 12:30 pm EST**. To join in, simply email us and we'll send you the password.

Eat Right nutritional consultations can also be booked. These sessions introduce you to recipes and new ingredients guaranteed to make compliance e-a-s-y.

www.waytotonutrition.com