



Eat Right 4 Your Type 18-Hour Training for Health Professionals

Applying the Principles of the Blood Type
Diet to Build Immunity and Fight Disease



Helen Luczak, BA, PHCP, is the Director of the *Centre for Healthy Living* in London. During the past decade, hundreds of people have heard Helen speak on how the Blood Type Diet significantly strengthens the immune, metabolic and structural systems. The BTD Specialist offers marketing and training support for healthcare practitioners.

The author of “Simply Delicious & Nutritious Cook Book” has a passion for preparing wholesome food and many can attest to her culinary skills. The recipes in her 136-page book are neutral for the 8 blood types and the 2nd Edition features the new Super Foods for arthritis, cancer, diabetes and heart disease.

Whisper Wellness (Kleinburg, Ontario)
9867 Hwy. 27 at Major MacKenzie
Three-Day Intensive: Fri. Nov. 21st and
Sat. Nov. 22nd plus 3rd Day TBA**

A decade of Blood Type Diet science reveals that hundreds of thousands of people are enjoying how they feel with fewer symptoms and disease. Can we measure success by the degree of compliance with both blood type and secretor sub-type? Or is credit really due, as Dr. Peter D’Adamo emphasizes, by embracing the whole package since how we sleep, exercise, manage stress, and even our personality traits are linked to blood-type biochemistry.

With 10 years experience as a Blood Type Diet specialist, Helen Luczak is eager to help you learn and apply this specialty in your own practice. We will efficiently review the highlights of more than 12 D’Adamo publications beginning with an overview of the science, and then by the end of Day 2, we will have carefully examined all four blood type profiles. Day 3 will pull it all together with lots of practice on how to conduct Eat Right nutritional consultations. There is an opportunity for practitioners to purchase handouts to use in private practice which will further strengthen your specialty and provide ease in guiding your clients. For more information, please call 519 680-2884.

3-Day Class: \$300 + GST; 2-Day Class: \$250 + GST

18 Hours Continuing Education Credits with Certificate
Full 3-Day Training includes 100-Page Training Manual

**** Please note that Day 3 will be offered to students by vote. ****

For information concerning the course content, please email luczak@rogers.com or visit: www.waytotonutrition.com. You may also register by calling 905-893-5444 or on-line by visiting www.whisperwellness.com.