

## **We offer Wellness Workshops on the topics described below.**

These 30 to 45 minute workshops are done generically and not specific to the brand we recommend and market through our business. We do offer individual phone consultations for people who choose to learn more about what we offer. Employees who improve their health through a simple nutrition program will have fewer sick days, higher energy, and an increased ability to concentrate. This results in higher productivity and lowered cost of health insurance coverage for the employer. These workshops can be done at schools, churches, fitness centers and various settings in the community as well.

### **Women's Wellness Workshop**

The Women's Wellness Workshop is designed to address how nutrition can help with hot flashes, PMS, low energy, stress, weight management, migraines, disrupted sleep, mood swings, depression, and cravings!

#### **Key points presented in the workshop include:**

- How hormones are involved in literally hundreds of bodily processes that can affect our health and well being including body temperature, sleeping patterns, moods, energy level etc.
- Long-term health concerns of women including heart disease, cancer risk, and osteoporosis.
- Importance of our daily diet to our long-term health and energy level and practical suggestions.
- Calorie intake over the past 10 years has not changed, however the rise in obesity has risen at an alarming rate. Chemicals like pesticides, toxic chemicals, and hormone-like growth promoters are used on the food and livestock we eat. These chemicals may be damaging our metabolism making it more difficult to control our weight and energy levels.
- How our food supply and lifestyle have changed over time making it very difficult to get all of our nutrition from diet alone
- How we can make better food choices that give us more nutrition and reduce unnecessary exposure to chemicals.
- The role of safe, responsible supplementation.
- Criteria by which consumers need to judge the quality and safety of food supplements in a loosely regulated industry.
- Health benefits to women of integrating a high quality vegetable, soy protein into their diet.
- Which vitamins, minerals and other nutrients can benefit women and help to balance hormone levels often reducing and eliminating the symptoms described.

### **Stress Relief Workshop**

The Stress Relief Workshop is designed to address what physiological changes occur when the body is under stress. How stress increases our needs for certain nutrients, contributes to disease and a weakened immune system. Learn what we can do in terms of nutrition to help the body better cope with our stressful lifestyles.

#### **Key points presented in the workshop include:**

- The physiological responses that occur when the body is under stress
- How stress negatively affects our digestion, immune response, and mental state
- How Stress and Tension contribute to tense muscles, which can lead to headaches, backaches, asthma, etc.
- How Stress depletes our body of various essential nutrients critical to our health, energy level, and overall sense of well being.
- How our food supply and lifestyle have changed over time making it very difficult to get all of our nutrition from diet alone
- How we can make better food choices that give us more nutrition and reduce unnecessary exposure to chemicals.
- The role of safe, responsible supplementation
- Criteria by which consumers need to judge the quality and safety of food supplements in a loosely regulated industry.
- Which foods, vitamins, minerals and other nutrients can help the body better cope with stressful lifestyles and increase energy.

### **Children's Wellness Workshop**

The Children's Wellness Workshop is designed to address how nutrition can keep children healthy now and for a lifetime. Parents will learn about children's health issues, such as building a strong immune system, critical nutrients for normal development, ear infections and allergies.

#### **Key points presented in the workshop include:**

- How our food supply and lifestyle have changed over time making it very difficult to ensure our children are receiving all of their nutrition from diet alone
- How we can make better food choices that give our children more nutrition and reduce unnecessary exposure to chemicals.
- The role of safe, responsible supplementation
- Criteria by which consumers need to judge the quality and safety of food supplements in a loosely regulated industry.
- Which foods, vitamins, minerals and other nutrients can help our children build a strong immune system, promote normal development, reduce common illnesses such as ear infections, colds, and soar throats as well as improve mental and physical performance.

Please contact our office to schedule a wellness workshop at your place of business, church, school, fitness center, or home.