



How Your Home Environment Is Toxic, Making You Unwell, Often Times Overweight...And What You Can Do About It!

- Do you have nagging, unexplained health problems such as hives or rashes?
- Are you constantly battling extra, unwanted weight, no matter what you do?
- Are you aware that *every day toxins*, such as rubber flip flops & “antibacterial” soaps, affect your weight?
- Do you suffer from significant dips in energy midday and can’t seem to shake that sluggish feeling?
- Are you aware of crucial *detoxification nutrients* and what they can do for you (and your waistline)?
- Are you susceptible to colds & flus because of a “weakened” immune system?

Gain Valuable, Forward Thinking, Information that will help you regain Control & Enjoy a Healthier, more Energized version of You!

For A Life Changing PowerSeminar, join:

Lara D. Amaral, CHHC, AADP
Founder, Authentically You Wellness
Monday 31 March 2014
6.30PM – 7.45PM
Hanover Chiropractic Health Care

Be Well. Eat Healthy. Love.
RSVP: Lara@AuthenticallyYouWellness.com
Seating Is Limited and Will Fill Up! \$35/pp