



A Four Week Course in

NUTRITION FOR VIBRANT HEALTH PLUS SAFE, SIMPLE DETOXIFICATION

**Lose Weight, Have More Energy,
Get Healthy and Prevent Illness,
Feel Great and Be In Control of Your Health!**

**This course is designed to teach you all the
essential information you need**

Dates: Four Sessions, Wednesdays, April 13th to
May 6th, 7 – 8:15 pm

Location: Supplements Plus Health Products: 2304 Bloor
St. West, Toronto, Ont.
Phone: 416-760-2004

Fee: \$149 Includes a Comprehensive Guidebook with
Recipes. (\$30.00 value, included)

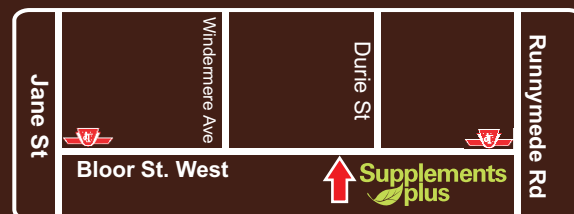
Register Now, as Class Size is Limited to 15 People

Call the store to register. \$50.00 deposit required.

Supplements Plus

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Tammy Grime, Bsc. (Hons) ND
Doctor of Naturopathic Medicine
Certified Bowen Therapist

YOU WILL LEARN:

1. **BODY BASICS 101:** HOW OUR BODIES WORK AND HOW WE BECOME ILL, SIGNS AND SYMPTOMS OF TOXICITY.
2. **NUTRITION NUTS AND BOLTS:** THE ESSENTIALS ABOUT CARBS, FATS AND PROTEINS, WHAT TO EAT, WHEN TO EAT AND HOW TO BALANCE A MEAL TO MAINTAIN A HEALTHY WEIGHT AND CONSTANT ENERGY LEVELS.
3. **IMPLEMENTING NEW KNOWLEDGE:** WHERE TO SHOP, HOW TO READ LABELS, COOKING ESSENTIALS AND HEALTHY RECIPES.
4. **BASIC BODY CARE:** SIMPLE THINGS TO HELP YOUR BODY GET RID OF DEEPLY STORED TOXINS AND FEEL INVIGORATED
5. **REAL RESULTS:** OPTIONS TO OBJECTIVELY MEASURE YOUR PROGRESS WITH BODY COMPOSITION TESTING AND/OR LIVE CELL ANALYSIS.

“TAMMY DOES A FANTASTIC JOB AT EXPLAINING THINGS IN A WAY THAT I CAN EASILY UNDERSTAND. HER KNOWLEDGE IS EXTENSIVE.” - JENNIFER CUTTS., COPY EDITOR

“I LEARNED SO MUCH! I HAVE ENERGY ALL DAY LONG, I'VE LOST WEIGHT, I'M HAPPIER AND I DON'T GET HEADACHES ANYMORE. SO MANY THINGS HAVE IMPROVED.” - L.C., HIGH SCHOOL TEACHER

TAMMY GRIME, BSC. ND IS A LICENSED DOCTOR OF NATUROPATHIC MEDICINE AND TEACHER OF ANATOMY, PHYSIOLOGY, NUTRITIONAL BIOCHEMISTRY AND ENVIRONMENTAL MEDICINE. SHE RUNS A SUCCESSFUL PRACTICE IN THE HIGH PARK AREA, GUIDING HER PATIENTS TO ACHIEVING THEIR FULL HEALTH POTENTIAL.

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