



Wellness Class: Saturday, May 11th

Unlock the Secrets to a Happier, Healthier and More Energetic You!



LEARN HOW TO EVALUATE YOUR INDIVIDUAL UNIQUE NEEDS AND IMBALANCES

Imbalances that contribute to your fatigue or feelings of not feeling 100%:

1. Hormone imbalances: insulin, cortisol, adrenal and thyroid hormones
2. Mineral deficiencies: calcium, magnesium, potassium, zinc, selenium, etc.
3. Toxin overload: environmental and synthetic chemicals, metals, radiation, etc.
4. Pathogen infections: fungus, virus, bacteria, mold, parasites
5. Digestion and absorption issues: food sensitivities, enzymes, elimination

Empower Yourself with Health Awareness and Your Body's Unique Needs!



Saturday, May 11th, 2024

10:00am – 11:30am

To register by phone call Valerie Mrakuzic at
604-512 1625 or by email eatingtolivewell@gmail.com

Limited Seats – Reserve Your Spot Today!



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Gaia Garden Herbs Inc. | 2672 West Broadway, Vancouver, BC, V6K 2G2, Canada Telephone: 604.734 HERB (4372) | Fax: 604.734.4376 | info@gaiaarden.com | www.gaiaarden.com



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