FREE SEMINAR

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KETOGENIC DIET:

How to transition from a 'LIVE TO EAT' to 'EAT TO LIVE' in a few short days!

Have you heard talk about the Ketogenic diet? ...How it is one of the best ways to achieve sustainable weight loss and optimize health on all levels? When the body is in a state of ketosis, the sugar pathway that so many of us use as our main energy source is bypassed and ketone bodies, or fat, become our main source of energy. The benefits to this are almost too numerous to list: anti-cancer, weight loss, sugar cravings eradicated, Alzheimer's improvement, better athletic endurance/performance, increased cognitive function, better sleep, better mood, etc.

Come join us for this FREE hour long class discussing the HOW TO's of this amazing diet. We will share with you just how to follow this eating plan, what foods to eat, supplements to take and special tips.

Saturday, April 8th at Noon

Novi Better Health Market

42875 Grand River Ave / Novi, MI 48375 / Phone: 248-735-8100

Corey Muzik is a Natural Health Practitioner at 3R Health of Brighton who utilizes Morphogenic Field Technique and various other forms of energetic testing. She also specializes in nutrition, iridology, herbology, essential oils, and homeopathy. Corey started her professional journey at Clayton College, where she graduated in Holistic Nutrition. She later went on to become certified as a Natural Health Practitioenr. Currently, Corey is attending The Naturopathic Institute of Therapies and Education in Mount Pleasant, MI, where she is studying to become a Naturopathic Doctor. Corey was disillusioned by Western Allopathic Medicine when she returned back from a trip to Africa critically ill from a parasite infection and couldn't find answers in standard diagnostic tests. According to blood work, MRIs, ultrasounds, and other tests, she was perfectly fine, yet her teeth were loose, she had paralysis on the left side of her body, nerve pain, involuntary muscle spasms, insomnia, and debilitating migraines. She finally "switched gears" and turned to natural methods of treatment and fully recovered. Corey was grateful for having had this experience because she found her life's mission: to help others overcome situations such as hers with natural modes of therapy...and to demonstrate her faith that a Higher Power has given us everything we could ever need for complete healing within ourselves and growing outside our own backdoor...

Jennifer Meyer is a talented holistic practitioner from Brighton, MI. She has a passion to helping people of all ages live a life filled with well-being. Jennifer is a certified Bowenwork Practitioner, Access Consiousness - Bars Facilitator, Reflexologist, co-founder of 3R Health, and a member of the Holistic Chamber of Commerce, as well as an Intuitive. She has had her own challenges in life and is now a 9 year breast cancer survivor with great awareness of living a holistic lifestyle. She has great passion for empowering people to become more aware of the way they take care of their body ~ physically, mentally, emotionally and spiritually.

Seating is Limited - Please RSVP

BY PHONE OR ONLINE:
www.theBetterHealthStore.com