

A drug-free approach to regaining control of your health

# *High Cholesterol or Blood Sugar*

## **Balance your Body, Retrain your Brain**

Come any Wednesday · 9:30-11:00 AM · \$25 · 40 Industry Rd., Marstons Mills

### **So many of us are having problems with:**

- High cholesterol, elevated blood sugar, high blood pressure
- Rebellious bodies: physical and emotional symptoms...
- Acid reflux, arthritis, osteoporosis, fibromyalgia...
- Job, family or relationship stress
- Runaway emotions, emotional outbursts... angry, sad, anxious...
- Not enough time, too many obligations or responsibilities...

**An introduction to the concepts and techniques that can balance your body and retrain your brain.**

We *can* learn how to work with nutrition and stress without medication, to help reduce our numbers *and* our symptoms.

***We can learn how to be healthy again.***

This introductory class is limited to 15 participants.

*Pre-registration is required*

***Learn to appreciate life again...***

**Call for more information 508-420-3300**

[Click here for the web site](#)

[Click here to register](#)