



**MyBodyBalanced**

# **Catalog of Wellness Programs**

## **2012-2013**

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\* Demos, samples, and cooking or fitness classes require appropriate facilities, and might include additional preparation time and ingredient expenses

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# Nutrition Curriculum

## Four Pillars of Improved Nutrition

Simply eating more foods from four nutritional categories can improve your health dramatically: 1) Healthy Oils, 2) Increased Fiber, 3) Good Bacteria, and 4) Increased Enzyme.

*Goal: You will understand the benefits of including more healthy oils, fiber, good bacteria and enzymes in your daily food choices. You will understand the best sources, and how much you need, in both diet and supplementation. You will never look at your typical meal in the same way again, and you will know how to improve each meal for improving your health.*

## Fiber: The Missing Link

Almost all disease risk can be reduced by increased fiber in the diet. This class explains in depth the importance of fiber fun foods. Who could have thought something so simple could make such an impact on one's health? Great sources of fiber are explained, along with menu-planning suggestions.

*Goal: You will be motivated to increase the fiber you eat. You will understand the types of fiber, recognize fiber rich foods, and easily increase your fiber intake.*

## Raw Food Power (Includes Mini Demo\*)

Raw foods (defined as foods that have not been heated or cooked above 110–116°F) are powerful, original foods that retain your antioxidants and enzymes to promote optimal body function. It's one of the best ways to transform health and vitality. Most Americans eat very few raw foods, yet it is simple to include more raw foods in your diet, and to prepare raw dishes for the whole family. Come discover the secrets of raw foods and how to make them fun and easy. This class includes recipes, with a demo and sampling of one raw food dish.

*Goal: You will understand the benefits of raw food, especially for those rich antioxidants and enzymes, and leave excited to try these quick and easy recipes to improve your families' health.*

## Drink to Your Health: Juicing, Green Smoothies and Healing Drinks (Sample Table\*)

A great wellness practice is to consume a health-promoting drink each day. Come by and sample three healthy drinks – a juice, a smoothie, and a tea – and pick up handouts for each type that are simple to prepare. Some of these drink recipes make a fast and affordable meal replacement and can even assist with weight loss. Everyone can benefit from healing drinks.

*Goal: You will receive a selection of recipes for protein smoothies, green smoothies, juicing, powdered super-food drinks, and high antioxidant drinks. You will see first hand how quick and easy smoothies, juicing, and healthier drinks can be.*

## **Super Foods to the Rescue**

Super foods: the newest hero for the mind, body, and spirit. The instructor will review easily available super foods, explain where to purchase them and how to prepare them, and share a recipe or two for each super food. Start transforming your health today!

*Goal: You will be able to go straight to the store, purchase, prepare, and serve a super food that evening. You will be motivated to continue adding super foods to your meals.*

## **For Greater Health, Smooth It Over! (Demonstration\*)**

Smoothies are fast, easy, low cost alternatives to regular snacks and even meals. They have been proven to assist in weight loss and improve overall health. You will see how easy it is to whip up a healthy smoothie. We'll provide healthy smoothie recipes, explaining the elements to include, the health benefits of each, and how to find the best quality ingredients.

*Goal: You will have all the information you need to prepare low calorie, nutritious, high fiber shakes as healthy meal replacements and snacks.*

## **Build Your Bones: Be Mean and Green! (with Mini Demo\*)**

Build your bones and your health with dark leafy greens. They are one of the greatest sources of absorbable calcium, minerals, and vitamins, making them an integral part of building strong bones and greater wellness. You will learn how to cook with and incorporate dark leafy greens into your diets. Includes a demo of a simple, dark leafy green recipe using kale, collards, mustard greens or other greens in season. This class discusses the health benefits, how to select produce, how to prepare them. Bonus: simple recipes that can sneak in the greens!

*Goal: You will understand the benefits of dark, leafy greens, know how to select the best produce, have recipes to use right away, and discover that you enjoy the taste of these health-enhancing foods.*

## **Did You Say Fat? Healthy Fats**

Healthy fats support brain, heart, nervous system, immunity, digestion, weight loss, and more! They are an integral part of a balanced diet, yet research shows that many people are deficient in the essential fats you need for good health. Learn about fish oils, flax oils, unrefined coconut oil, and other sources of important health promoting fats. You can have your fat and eat it too!

*Goal: You will understand the benefits of a variety of healthy fats, know how to purchase them, and how to include them consistently.*

## **Under the Sea: What Sea Veggies Can Do For You**

Did you know that sea vegetables are one of the richest sources of 56 vital minerals and trace elements? Common forms of sea vegetables will be displayed, and you'll receive simple recipes to benefit from some of Mother Earth's most nourishing foods.

*Goal: You will understand the benefits of sea vegetables, how to use them, and where to purchase them. You will go home with easy recipes and ideas to kick-start their use in your daily nutrition.*

## **Three Amazing Grains (includes Samples\*)**

Amaranth, quinoa, and millet deserve to be better known. They are high in protein, fiber, minerals, and they are alkalizing to the body. Samples will be provided.

*Goal: You will understand the benefits of these grains, where and how to purchase them, store them and cook them. You will have easy recipes to begin enjoying these delicious and healthy grains.*

## **Protein, Energy and Health Bars (Sample Table\*)**

Is your health bar actually good for you? Which are the best tasting, most nutritional choices for a quick snack or meal replacement? In this informative open house, you can taste test several excellent health bars while learning how to choose one. You will know what to look for and what to avoid – also, what types of proteins are used and the benefits of each. Join us for a tasty snack and health enhancing information.

*Goal: You will learn how to tell a healthy snack bar from one to avoid, taste test several, and discover your favorite healthy choices.*

## **Do Organics Matter? Organics, GMOs and Your Health (with Samples\*)**

Taste test organic versus conventional foods. Understand which foods are more healthful when grown organically, and which are less likely to be chemically contaminated. Important new research will be shared.

Learn why Genetically Modified Organisms are being banned in many countries, how they can affect our health, and which companies are making an effort to avoid GMOs.

*Goal: You will understand the definitions of Organic and GMO foods, how they are produced, the pros and cons of each, and the effects they can have. You will be able to identify foods where buying organic or non-GMO makes the most difference.*

# Reducing Toxicity Curriculum

## Your Green House: Reducing Household Toxic Exposure

The most important defense against toxins is to become aware of them. You will recognize toxins in your food, environment, storage methods, cleaning products, personal care items, air and water, and electronics.

*Goal: You will be recognize sources of toxins and know how to replace them with easy alternatives to minimize toxic exposure and promote a healthier environment.*

## Is Your Food Green?

Many common foods contain less healthful ingredients, along with additives, chemicals, and preservatives, all of which can negatively affect our health. Minimizing or replacing such ingredients as high fructose corn syrup and partially hydrogenated oils, and choosing alternatives to chemical additives are simple ways to improve your health.

*Goal: You will be motivated to nourish yourself with healthier foods. You will become an expert label reader, knowing how to shop for foods with cleaner and healthier ingredients and fewer chemicals and additives.*

## The Leading Cause of Obesity: How to Give Up Soda

Want to drink a can of sugar? Probably not. Soft drinks are the leading culprit of obesity, and they have additional negative effects on your body and health. Reduce and eliminate soda through behavioral and cognitive changes as well as dietary replacement. Easy techniques reduce the cravings while healthy alternatives will nourish your body in delicious ways.

*Goal: You will recognize the ill effects that sodas have on your health, and learn how to reduce cravings and choose healthier alternatives.*

## The King of the Body: Your Most Important Organ

Besides your skin, your liver is your largest organ, and it serves multiple vital functions. The Asians call it the king of the body because of its utmost importance to the body's overall health. Understanding its major functions, and how simple changes in foods, supplement use, and lifestyle support those functions, will make a huge difference in your liver's health.

*Goal: You will understand what the liver does, what foods, supplements, and actions support and strengthen it, and how to incorporate these changes into your daily lifestyle.*

## **Super Filters**

Kidneys filter your blood twenty times an hour and more. Learn about these remarkable organs and the foods, supplements, and lifestyle changes that support kidney health.

*Goal: You will understand what the kidneys do, why you are essential, and what you can do to better support your kidneys and overall health.*

## **Gentle Cleanse**

Like a home's plumbing system, the body also needs to be cleaned and cleansed from time to time. There are three elements of cleansing:

1. Minimize exposure to environmental toxins.
2. Build and replenish the body's supply of nutrients.
3. Open the body's elimination channels to clear existing pollution and toxins in the body.

You will learn how to create a cleansing diet, use cleansing breathing techniques, and practice gentle exercises to slowly cleanse the body for greater energy and improved health.

*Goal: You will understand the benefits of a gentle cleanse and proper way to implement it in a safe and effective manner for optimal health and energy.*



# Weight Loss Curriculum

## What to Eat: The Basics for a Healthier, Trimmer You

What constitutes a healthy diet? Learn the basics for creating healthy, well-balanced, nutrient filled menus. Recognize the obstacles to success and learn how to overcome them.

*Goal: You will understand basic nutritional principles and how to apply them even in your busy lifestyle. You will also recognize your own obstacles and create a plan for success.*

## Craving Sugar?

Sugar undermines your health in numerous ways. Find out how, and learn to reduce sugar cravings with diet tweaks, supplement use, and cognitive and behavioral changes.

*Goal: You will understand the negative effects sugar has on you. You will have numerous immediate strategies for diet changes, supplement use, and cognitive and behavioral changes to overcome cravings and decrease sugar consumption for greater health and weight loss.*

## Weight Loss Boosters

Don't fear the scale any longer! Many variables that promote weight loss include particular foods, exercises, oils, lifestyle changes, and cognitive/behavioral changes. You can increase your body's ability to burn fat.

*Goal: You will be excited to take several simple actions to increase your ability to burn fat and lose weight.*

## 101 Things to Do for Fun Besides Eat

Losing weight is easier with these fun and effective cognitive and distraction techniques.

*Goal: You will begin applying cognitive exercises and distraction techniques for increased weight loss ability.*

# Emotional Wellness and Balance Curriculum

## Goal! Creating the Life You Want

You want more balance in your work and family life, so we will apply the SMART goal strategy and other proven goal setting techniques to design obtainable goals for a greater balanced work and family life.

*Goal: You will learn the importance of goal setting, how to design your action plans, learn how to take those actions, and live that healthier and happier life you dream of.*

## Restful Sleep

You can experience deeper and more restful sleep states through simple exercises, activities, routines, visualizations, teas, and nutritional support. You'll learn how to increase your natural production of the sleep hormone melatonin. Sleep is crucial to every aspect of health, including optimal weight, disease prevention, disease recovery, emotional health, and daily performance. Better ZZZs lead to better health.

*Goal: You will be more aware of the impact of adequate and effective sleep for improved health and performance, and will learn powerful tools – activities, exercises, routines, and nutrition – to get the sleep you need.*

## Energy Boosters

Do you feel sluggish in the afternoons? Do you want to get more done and have more energy all day? Come learn how to boost your energy throughout the day. You'll learn quick exercises, breathing techniques, foods, herbs, supplements, and other easy changes for a more productive, fun, and energetic day.

*Goal: You will learn simple ways to boost your energy: exercises, what to eat, what not to eat, helpful herbs and supplements, and quick ways to perk up your thought patterns and energy level.*

## Three Treasures: Awaken Your Food, Awaken Your Spirit

Centered in Chinese Traditional Medicine's concepts of the three treasures – Jing, Qi and Shen – Noelle will lead an exciting and powerful journey of finding treasures, polishing, unlocking them. When these three treasures are in balance, everything comes together: health, spirituality, relationships, career.

Noelle will share how to select foods to increase these three energies in your body, add techniques to raise your food's vibration, and choose specific foods to lift your mood, add levity, and increase happiness in your body. Three easy nutritional changes can boost your physical and spiritual health, strengthen your career and relationships, expand your possibilities, and help you become unstoppable.

Noelle has helped thousands transform their lives by better understanding their nutritional and lifestyle choices. Her years of combining research in American nutrition and Traditional Chinese Medicine bring a unique and holistic perspective to help you nourish your body, access its hidden powers, and heighten your vibration and connection to spirit.

*Goal: You will have a greater understanding of Asian theory and how to balance these three energies through nutrition and techniques to create greater peace and consciousness, transforming all areas of your life.*

## **Can You Digest This?**

The ability to digest and absorb nutrients is vital to our wellness. Yet it is common to have decreased digestion as our natural enzyme supply declines with age. Do you ever feel bloated, gassy or full, hours after a meal? If so, you might not be digesting your food as efficiently as possible. Discover simple ways to increase your body's ability to digest and assimilate food. You will learn techniques and identify appropriate foods and supplements to make your tummy and your body happier and healthier.

*Goal: You will identify the foods most difficult to digest, recognize common underlying problems of poor digestion, and learn how to make nutritional choices in foods, herbs, and supplements to aid digestion.*

## **Breathe for Health**

If you're breathing, then you are alive! But the way you breathe affects how alive you are. Did you know that many chronic illnesses can be eliminated by simple breathing exercises? Research proves that deep breathing has significant health benefits: it reduces stress hormones, slows your heart rate, lowers blood pressure, increases energy, improves focus, combats illness, relieves aches and pains, eliminates toxins, kick starts your lymphatic system, increases weight loss, raises motivation, and boosts productivity. With a little practice you can reap all these benefits! Breathe in, breathe out!

*Goal: You will learn the mind-body benefits of deeper and intentional breathing, participate in a variety of effective breathing techniques, practice them in class, and receive handouts for home practice.*

# Family Wellness Curriculum

## Healthy Family Meals: Quick, Inexpensive, Nutritious

Learn to shop for healthy staples, the foundation of multiple meals. The class will discuss meal planning, recipes, and shopping for a week's worth of meals – on a budget, no less. You don't have to drain your bank account to eat well.

*Goal: You will leave with a shopping list, meal plans, and recipes for a week of healthy eating.*

## Raising Healthy Children

Many studies conclude that this generation will be the first to be less healthy than their parents, with the highest rate of obesity and disease ever seen among youth. It's time to reverse that for your family! Learn how to eat the colors of the rainbow, how to adapt your child's favorite foods to be healthier (and still beloved), and how to make great nutrition fun at any age.

You'll also learn how to prepare healthy kid meals for each meal of the day, how to pack a healthy lunch, how to fit exercise into an already busy family, and how to create health charts and reward systems for healthy choices. Our children are our future. Let's prepare them for success.

*Goal: Parents will understand your impact on your children's health, and the effects that excess weight would have on a child's health today and in the future. You will become knowledgeable and confident in planning and preparing healthy meals and in promoting greater health for each family member.*

## Your Family's Emotional Health

We know that stress is a leading cause of disease and obesity, and that families today tend to be always on the go, carrying tremendous stress every day. Our children learn to how to handle stress by the way we handle it, so the family that de-stresses together forms a powerful defense for physical and emotional health. Create habits and rituals to calm the entire family with calming foods and teas, breathing exercises, meditation/prayer, affirmations, positive talk, homeopathy, essential oils, and a family relaxation night. Learn how to create a relaxing mood in the home, avoiding disruptions to harmony in your home.

*Goal: You will gain many tools on how to create a more peaceful and calm home environment. You will be able to implement actions right away and continue to integrate additional changes into your home environment over time.*

## Eating Healthy: Making it Affordable

Have you ever thought that eating healthier was just too expensive? Learn how to reduce your food costs with wonderful lower cost recipes and smart strategies, knowing where to shop, how to plan your shopping, how to use your lists more effectively, and how to shop and cook in quantity.

*Goal: Eat well, even on a tight budget. You will learn how to stretch your food dollars with recipe ideas, budgeting techniques, coupons, and shopping strategies.*

## **Longevity I & II: Health and Beauty for Life**

Amazing new research has shown us how to slow the Telemore (aging) process, revealing why we age and how to put on the brakes. In this two-part class, you will learn the secrets of raw foods, how to add herbs and tonics, and what foods improve specific areas of your face, the missing link in all western nutritional programs. Learn natural beauty secrets to look and feel younger, foods to relieve stress and pressure, and super-food recommendations for increased energy, vitality, and disease prevention. It can be fun and easy to live a longer, healthier, more beautiful life.

*Goal: You will understand how nutrition and lifestyle can slow the effects of time. Easy changes will help you feel healthier and have more vitality at every age.*

# Wellness Immersion Series

(Specific curriculum with week-by-week objectives available upon request)

## Weight Loss (6-8 Weeks)

This inspiring program combines ancient and modern wisdom to promote weight loss through nutritional changes, cognitive behavioral habits, and wonderful recipes to support success. Includes a full range of nutritional, practical, and motivational topics for a balanced approach.

- What to eat: foods and supplements that promote weight loss, food combining, alkalizing the body, liver and organ health, fibers, oils, enzymes, probiotics, fluid intake, and the proper balance of carbohydrates, fats and proteins.
- Practical approaches to food planning: food logs, portion control, food shopping, meal preparation, reading food labels, healthy restaurant choices, pantry clearing, and packing healthy food to go.
- Motivational support: reducing sugar cravings, bingeing and grazing prevention, the right amount and types of exercise, developing a support system.

*Goal: You will be able to make effective nutritional and lifestyle choices to lose weight, improve cardiovascular health, balance emotions, and change behaviors that have prevented a healthier lifestyle.*

## Think Yourself Thin (6 Weeks)

Retrain your brain and behavior for lasting results. Did you know that over 90% of dieters regain the weight they lose? They haven't known how to change their minds along with their bodies. Here we'll tap into your powerful mind for mind-over-matter success. Each week introduces a new exercise to practice throughout series. You will be logging behaviors, food intake, exercise, and weight loss progress along with your Think Yourself Thin exercises. With plenty of positive reinforcement for cognitive change and weight loss, you will change your thinking so you can permanently maintain a healthy weight.

*Goal: You will apply a variety of behavioral and cognitive exercises daily. You will better understand past behaviors and underlying sabotage. You will be motivated to continue applying these techniques for lasting weight maintenance.*

## Diabetes (6 Weeks)

If you have been diagnosed with diabetes, pre-diabetic condition, metabolic syndrome, or hypoglycemia, or have a family history of diabetes, this class is for you! You will learn how diabetes develops and how body systems are affected, and how to choose foods, exercise, lifestyle modifications, supplements and herbs to assist in healing your body and leveling your blood sugar for a lifetime of excellent health.

*Goal: You will understand how the body is affected by diabetes, what behaviors increase the risk and progression of diabetes, how to decrease your risk, and which aspects of diet and lifestyle to focus on most to prevent or manage the disease.*

# Holiday Season

## Creating More Joy in Your Holidays

For many, the holidays increase depression, weight gain, family conflicts, and even suicide. This fun, uplifting class provides simple ways to decrease stress, organize your life, simplify meals, improve party plans, and more. Sail through the holidays with a new attitude and ease. You will learn how to focus on what is most important to you and your family, to make your holiday season a joyful success.

*Goal: You will have fun, and learn techniques to decrease holiday stress, improve organization and holiday planning, simplify your life, and experience your holiday with joy.*

# Risk Reduction Curriculum

## Bone Health

In the U.S., osteoporosis is epidemic, affecting about 55% of those over 50. This is not so in other cultures. Find out what other cultures are doing to have strong bones, and how to easily modify your diet and lifestyle for healthier bone density. Learn how nutrition, exercise, herbs and other supplements can support your bone health.

*Goal: You will have a greater understanding of how your bones function and how you can increase bone density through nutrition, exercise, supplements, and herbs. You will learn what negatively affects bone health and how to minimize those factors and maximize a bone building lifestyle.*

## Autoimmune Diseases

An autoimmune disease is essentially an overactive immune response, with the body attacking its own cells. With over 80 types of autoimmune diseases, including diabetes, Parkinson's, multiple sclerosis, and rheumatoid arthritis, these diseases will affect 1 in 12 Americans. Learn how autoimmune diseases affect the body, why they are rising, and how modifications in lifestyle, nutrition, herbs, and supplements may help you minimize symptoms and reduce the risks.

*Goal: You will better understand what autoimmune diseases are, how the body reacts with an autoimmune disease, the risks you face, and how to minimize risk factors through nutrition, lifestyle, herbs and supplements.*

## Adrenal Health (includes Gentle Exercise\*)

The adrenal system is truly the powerhouse of the body. It assists us in dealing with stress and produces two of the three main hormones needed to balance our bodies. Many people are unknowingly affected by a weakened adrenal system; they experience weight gain or difficulty losing weight, fatigue, difficulty getting up in the morning without stimulants, poor memory, and other symptoms. Asians call that "poor kidney energy," while here, it is called "adrenal stress."

Learn how your adrenals function, why they are so important to your health, natural ways to boost and support adrenal health through nutrition, lifestyle, exercise, and supplements. You'll feel better as you assist your adrenals and your endocrine system to function more effectively. You will also learn a series of exercises to boost adrenal function, so wear comfortable clothes and bring a mat if you have one. A few mats will be available.

*Goal: You will learn the multiple functions of the adrenals, why they are so important for our energy and sleep. You'll be able to make simple changes in nutrition, exercise, supplements, and herbs to boost function and restore optimal adrenal health.*



## **Thyroid Health**

The thyroid is the master gland of metabolism. Because it is easily affected by toxins, environment, nutrition, and exercise, it is estimated that as many as 20 million people have thyroid problems, often undiagnosed. Some misunderstood symptoms can be hair loss, low libido, low energy, difficulty losing weight, depression and/or anxiety, and feeling cold easily. Learn how to boost thyroid function through specific exercises, nutrition modifications, supplements, and herbs.

*Goal: You will understand how the thyroid works and what causes stress for the thyroid. You will learn simple ways to improve the health of your thyroid.*

## **Boosting Immunity**

Our immune system is nature's way of defending our bodies against sickness and disease. Learn natural ways to boost your body's immune function, including nutrition, exercise, lifestyle, supplements, and herbs. Learn how to recognize when you are coming down with an illness and what to do at that point to prevent illness or lessen its severity and duration. Building your defense mechanisms often leads to experiencing fewer allergy issues as well.

*Goal: You will understand easy changes in nutrition, exercise, and to strengthen your immune system, and be motivated to protect yourself and your family.*



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