



*Where Medical and
Healing Arts ConvergeSM*

Educational Event

Improving Your Health and Energy with Alkaline Diet

Saturday, April 18, 2009

3:15 pm to 4:00 pm

Light refreshments will be served

A large portion of the population consume an abundance of highly processed foods that acidify the body chemistry contributing to health problems ranging from minor skin irritations, chronic fatigue, back pain, and depression to arthritis and osteoporosis.

Learn how foods based on their actual alkalizing or acidifying effects on the body can help you understand the benefits of food selections that minimize acidity and result in improved health and energy.

This afternoon provides an introduction to a 12 week nutrition program beginning May 2009 with program speaker and nutritionist, Liliana Partida.

Speakers: Liliana Partida, Certified Nutritionist



Liliana Partida,
Certified Nutritionist

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