

INSPIRED HEALTH

— By JanAlla —

Preventative Care Presentations

Take the itch out of allergies...naturally! Discover the cause, the profound effect on your immune system, find out how to test and permanently reverse allergies without drugs or needles!

Detox Talk: Learn how the elimination of toxins combined with natural nutrition can reduce inflammation. Increase energy, control allergies, promote weight loss, reduce asthmatic conditions, prevent cancer, improve skin conditions, and alleviate arthritic symptoms by allowing the body to heal itself!

Balancing Blood Sugar: Recognize the symptoms of hypoglycemia, how it relates to headaches, premenstrual syndrome, heart disease and adrenal fatigue. Learn how to practice prevention, and control type II diabetes through nutrition and lifestyle changes!

Protect the Health of Your Heart: Find out how to test and identify the onset of vascular disease, and learn how to practice prevention through nutrition, exercise, and lifestyle changes. Discover how changes in the arterial wall precede cardiovascular disease such as hypertension, aneurysm, stroke, atherosclerosis, kidney failure, and retinopathy.

Boost Your Immunity: Achieve improved health, eliminate allergic symptoms, enhance metabolism, reduce respiratory conditions, optimize digestion and nutrient absorption. Find out how to improve memory, and slow the aging process to regain vitality naturally!

Lose Weight and Feel Great: Recognize the optimal approach to your individual successful weight loss program. Learn how to achieve and maintain your healthy body weight ratio. Every body is unique and requires an individual plan.

Aging Gracefully: Slow the signs of aging, and rejuvenate your cells with amazing results. Secrets revealed explain how to restore elastin, increase mobility, enabling one to live healthier and longer.

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