



NATURAL

Health Services

Some highlights that will be discussed at the workshop:

- A brand new discovery on why a person can't seem to lose any weight with exercise. In fact this discovery explains why a person *might NOT lose and ounce of fat* with 90 minutes of hard-core exercise seven days a week.
- The real reason why a person can't seem to rid the stress in their body – this prevents sleeping through the night.
- Learn the OTHER cause of STOMACH enlargement other than FAT. All the sit-ups in the world wouldn't fix this. Many people are trying to unsuccessfully *solve the wrong problem*.
- Find out what controls sleep cycles and the reason why some people get tired during the day (mid-afternoon especially) and can't get into *deep rejuvenating sleep* in the night. Some people actually wake up just as tired as they went to sleep.
- Find out WHY certain pain and inflammation problems are NOT coming from the place people perceived the pain and inflammation.
- Get a deeper understanding about the mechanism how the body repairs and what prevents this from occurring.
- Learn the *most important substance* you need to stay away from to maintain health.
- Find out why the calorie myth (low calories) shouldn't even be added to the equation for weight loss.
- Find out why your body gets CRAVINGS to sugar, carbohydrates, salt and chocolate what this means.
- Find out about the different causes of chronic JOINT PAIN, INFLAMMATION and ARTHRITIC TYPE symptoms.
- Understand what metabolism is, what controls it and what you can do to get it working again without starving yourself or exercising excessively.
- Learn the distinction between a FAT problem and a WATER retention problem.
- Learn the most OMITTED yet MOST COMMON cause of mental FATIGUE and focus.
- Learn how a person can be DEHYDRATED despite the amount of water the drink.

Your body is self healing and self regulating. It should be healing itself and not allowing symptoms or problems to occur. Have you ever wondered why you have symptoms? Symptoms are not normal. No matter what you've been told: symptoms are NOT normal. This information has taken over 15 years of research and development. You will be very glad you came to this workshop – the success of your health depends on it.

Please arrive early to get a good seat. I look forward to seeing you at the workshop.

Irene Beikoussis, MS, CHHP, NC

Certified Holistic Health Practitioner – Holistic Health Care for the entire family

You'll feel better, naturally!

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