

Wholefood Nutrition Seminar



ACHIEVING OPTIMUM HEALTH - THE WHOLE STORY

Get the whole story on wholefoods

Evidence supporting the connection to diet and good health continues to mount as time goes on. However supplying our bodies with the high quality nutrients required for optimum health by using the food supply available today is almost impossible. Our foods have changed so much in recent decades that many essential nutrients have been stripped away by over processing. The use of other additives and preservatives compound the harm and are multiplied by over consumption. Fortunately there is a way to make sure your diet includes these vital “wholefoods”. Dr Bruce Dewe will explain what “wholefoods” are, how they effect your wellbeing and how you can make sure they are included in your diet every day just as nature intended. Attend this FREE Health Seminar and get the “whole” story on optimum health.



Dr. Bruce Dewe MD
International Lecturer
Former Hospital Superintendent
Chartered Natural Medicine Practitioner
GNLD Health Professionals Council Member



Mon	Nov 8	7:30pm	John Paul Centre	Hillyard Street, Pialba, Hervey Bay	QLD	1800 637 057
Tues	Nov 9	7:30pm	Fitzy's Loganholme	Corner Bryants Road & Pacific Highway, Loganholme	QLD	1800 637 057
Wed	Nov 10	7:30pm	Club Taree	121 Wingham Road, Taree	NSW	1800 637 057
Thurs	Nov 11	7:30pm	Commercial Club Albury	618 Dean Street, Albury	NSW	1800 637 057
Fri	Nov 12	7:30pm	Mercure Grosvenor Hotel	125 North Terrace, Adelaide	SA	1800 637 057



For more information contact
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