



Nutrition

Eating to Live, not Living to Eat

Periodic Dates TBA

- Learn to eat the foods God intended us to eat and avoid the dangerous, processed food by man.
- What are healthy foods, really? And how do you shop for them?
- Food Combining- eating the right foods at the right times of day in the right amounts
- Learn how to eat healthy and never be hungry
- Learn about the 7 Rules for Better Fueling
- How dangerous are artificial sweeteners, fast foods, and food additives?
- Addressing the low carb, no carb, low fat, high fat, no fat, low cholesterol, low protein, high protein diets
- Learn how to read food labels
- How we are fooled by the food industry

Live Well...
MIND BODY
SPIRIT

Presented by: Dr. Fred J. Roberto

Chiropractor, Inspirational Speaker, and Wellness Coach

For more information call: 770-919-7171 or

email fredr@westcobbchiropractic.com