

Pilates
Health
CONNEXION



News from Pilates Health Connexion

January 24, 2011

Guest Lecture Is Food Making You Sick?

Join our guest lecturer
Mrs. Julianne Koritz, registered dietitian and LEAP educator
for this FREE presentation on food sensitivities.

Wednesday February 2nd, 2011 at 6pm
at Pilates Health Connexion



Find out how detecting food sensitivities can improve your symptoms of

- migraines
 - IBS
- fibromyalgia
- weight imbalances
- and many other refractory diseases



Have you tried everything you can think of, but the outcome is less than what you have hoped for? However in most treatment regiments, the patient's diet is neglected

Adverse reactions to foods and food chemicals can play a role in many common illnesses. Food sensitivities cause adverse reactions such as vasoconstriction, inflammation, cramping, diarrhea, hives, anxiety, food cravings.

Discover which foods are causing your symptoms by testing for 150 foods and chemicals with new advances in nutrition protocol for these conditions. Numerous peer review studies conclusively show that adverse food reactions can play an important role in symptom provoking IBS, migraines, and a wide range of challenging and often times refractory clinical conditions.

For more information on this topic go to our [BLOG](#) or call Anna Schafer, registered dietitian at Pilates Health Connexion.

Call us now to rsvp 561-826-7770

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www.pilateshealthconnexion.com

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