


Ancient Wisdom for Women wealth in health

Now is the time to enjoy yourself!



Stop Struggling with Menopause

Feb 25, 2012 - Toronto

Vital Information for Women!

Workshop

\$57

*Register
Now!*

HALF-DAY WORKSHOP

YOU WILL LEARN

- To regain your 'joie de vivre' during and beyond menopause
 - To maintain vitality and prevent weight gain
 - How to deal with depression, urinary issues, hot flashes, night sweats, sleep problems
 - How to avoid breast lumps
 - Which food to consume, and which to avoid
- What all women MUST know about their hormones
- Information on herbal alternatives vs estrogen replacement therapy
 - Why 90% of pelvic organs are removed for benign reasons
- Tapping of energy meridians and energy points to help you through the transition

Dr. Aleksandra Berndt

is a Homeopathic doctor with 25 years of clinical experience in Classical Homeopathy, Traditional Chinese Medicine, nutrition and herbology. She teaches women how to address their own health. Tel: 416-727-6848

MAUREEN RAE'S YOGA STUDIO

5324 Dundas Street, West, Etobicoke, ON

1- 4 pm / \$57 Investment / Tel: 416-716-7589 (Max. 10 seats)

www.AncientWisdomForWomen.com