

**Ancient Wisdom for Women** wealth in health

Did you know? Only 15% of cancers are contributed to hereditary factors; you CAN help PREVENT it



# Healthy Breasts & Anti-Cancer Foods

**Mar 17, 2012 - Toronto**

*Vital Information for Women!*

**Workshop**  
**\$57**  
*Register  
Now!*

**HALF-DAY WORKSHOP**

## YOU WILL LEARN

- How to prevent the formation of lumps in breast tissue
- Current research of cancer fighting properties of food
- How to select and brew 'green tea' and extract highest amounts of antioxidants
- To distinguish between the good fats and the bad fats
- How to neutralize cancer forming nitrosamines from BBQ grilling
- Yoga poses and herbal remedies to enhance circulation in the breast area

Dr. Aleksandra Berndl  
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](http://www.AncientWisdomForWomen.com)