

NOW IN THESSALONIKI

BODYBRAIN



# FOOD AS MEDICINE

Seminars for wellness & prevention

Fast results | Easy step- by -step programs | Small classes  
Better Food. Better Health. Better Life!

October 2008

6-10 Oct. | 20-24 Oct.

Anti Allergy Foods

November 2008

3-7 Nov. | 17-21 Nov.

Healthy Stomach-Intestine

December 2008

1-5 Dec. | 8-12 Dec.

You are what you eat

## Learn & find

- › new informations
- › new methods
- › new foods, new products
- › new ideas
- › new science
- › new friends

## Win

- › more energy
- › stronger mind
- › better mood
- › stronger immunity system
- › charisma
- › higher IQ
- › flat stomach
- › better sleep

*and meaningful knowledge  
so important that you will  
use it every day,  
for the rest of your life!*

Choose education  
- less medication



Teacher:

Jill Karlsson Kazikos

Nutrition Therapist | Holistic Therapist  
Biomedical Scientist

25 years experience of  
health programs in Sweden

Read more

[www.bodybrain.com](http://www.bodybrain.com)

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