

IGNITE YOUR HEALTH HEAL YOUR BODY'S FLAME



Let nutrition professional Kay Fields illuminate the many benefits of the anti inflammatory diet, including

- Decrease or eliminate medications that have harmful side effects
- Look and feel younger
- Reduce risk of avoidable diseases including:
 - Diabetes
 - Cardiovascular
 - Alzheimers
 - High blood pressure
 - Stroke
 - Arthritis
- Lose weight safely and keep it off
- Optimize your food choices along with quick and healthy recipes

Friday March 5, 7-9pm

Alliance Francaise, 1425 SW 20th Ave. Portland Or 97201
(near Goose Hollow max station)

Presentation \$25

Ensure your place today

Special Acupuncture Package:

New Patient Special: \$225 includes presentation + first visit/exam + 2 regular visits (savings of \$40)

Continuing Patients: \$160 includes presentation + 3 acupuncture sessions (savings: \$45)



Buy now

Come early, limited seating

Kay Fields, Licensed acupuncturist, herbalist, nutritionist
As featured on KGW.

www.kayfields.com