

Building Blocks of Good Nutrition

February 4, 6:00 pm Georgetown Market

Call 317.293.9525 to register



We are constantly inundated with conflicting and confusing information about what we need to eat to be healthy.

Join Pamela Reilly, Naturopath, for a course that will teach you what you REALLY need to eat to ensure complete nutrition. Course topics include:

- What to include in your diet on a daily basis to ensure complete nutrition
- The truth about low carbohydrate diets and their effects on health
- How to tell the difference between healthy and unhealthy fats
- The lies you've been told about protein
- How to read and make sense of nutritional labels
- How to spot hidden sources of soy, gluten and wheat
- How to teach children to make good food choices

Pamela has over 20 years of experience helping people learn to eat healthily.

Course fee: \$20 with pre-registration. Please call 317.293.9525 to register.



Good Works Wellness Research, LLC

Experience the wellness God intends for you!!™

**Pamela Reilly, CNHP, CPH
Naturopath & Raw Foods Life Coach
Founder, Good Works Wellness Research, LLC**

Providing a naturopathic approach to wellness with services in Herbalism, Nutritional Counseling, Iridology, Dried & Live Blood Cell Analysis, Emotional Freedom Technique, Aromatherapy, Living Foods Life Coaching and others.

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Are you constantly tired but don't know why? Feel stressed & irritable? Have dark circles under your eyes? You may be suffering from Adrenal Fatigue.

This seminar will help you recognize the signs of Adrenal Fatigue and teach you how to combat it naturally.