

Riding the Hormone Rollercoaster!

In this enlightening session we will travel through the peaks and valleys of the various hormonal causes of weight gain, stress, emotional imbalances, reduced sex drive and performance. Attend with your friends, spouse or partner to learn the tools, testing and therapy options to achieve balance again!

- Identify ways to increase your energy and sex drive.
- Explore what influences weight gain and body fat changes as we age.
- Leave this session ready to take command of your well being and “Rate Your Wellness”.
- Achieve sharper cognitive functioning with emotional balance!



Valerie Early, R.D., L.D.N

**Author, International motivational Health Speaker,
Registered & Licensed Dietitian, Registered Pharmacy Technician,
Certified Advanced Health & Fitness Specialist & Reiki Master**

Valerie resides in Schaumburg, IL with her two children, where she has a private practice specializing in hormone balancing, energy medicine and sports nutrition. She is committed to helping people make long-term lifestyle changes.

Her current book, “8 Ways to Lose Your Blubber through Hormone Balancing and Lifestyle Changes” can be found on her website. Also available is her audio CD, “Renew Your Life Through Hormone Balancing”.
www.nutritionconnectionbalance.com



Frank Grad, Wellness Advisor

Frank is a health and fitness enthusiast, master Captain, body builder and Reiki Master. He teaches classes at NCB and designs Attraction Jewelry.

**Friday, March 15, 2013, 7:00pm-8:30pm
8:00pm Virtual Franchise Overview**

Goality Fitness Club, 236A E. Irving Park Rd. Wood Dale, IL

Free for guests. Check our events calendar

www.nutritionconnectionbalance.com