



Which healthy foods are targeting you with these symptoms?

Chronic Fatigue Syndrome (ME)

Muscle and Joint Complaints (Rheumatoid Arthritis, Fibromyalgia, General Pains)

Gastrointestinal Conditions (Nausea, Heartburn, Gastritis, Bloating, Flatulence, Diarrhoea, Constipation, Irritable Bowel Syndrome, Crohn's Disease, Ulcerative Colitis)

Skin Complaints (Itching, Eczema, Acne in Adults, Hives)

Migraine and Other Headaches

Respiratory Conditions (Asthma, Chronic Rhinitis, Sinusitis, Hay Fever)

Cardiac Conditions (Palpitations, Skipped Heart Beats)

Urinary Complaints (Bed Wetting, Frequent Urination)

Psychological Disorders (Anxiety, Depression, Behavioral Disturbances, Hyperactivity / ADHD, Nervousness, Sleeplessness)

Neurological Conditions (Dizziness, Multiple Sclerosis, Epilepsy, Ménière's Disease, Tinnitus)

Hypoglycemia

Premenstrual Syndrome

Candida

**How could *food* be making you feel so bad?
Get the answers on March 14, 2011**

TIME: 6:30PM – 8:30PM (Monday)

WHERE: Heart of Texas Yoga,
111 Old Kyle Road, Suite 200
Wimberley, Texas 78676

COST: \$20 at the door

with Nerissa Oden of www.FoodPowers.com

I healed my headaches,
hay fever, and more. I
gained energy and focus –
*just by getting a food
sensitivity test!*

