



“Functional Medicine Explained” “Food Demo, Lunch & Workshop” “Spring Clean, Detox & Weight Management” Seminar (31 Oct - 2 Nov '14)

We are delighted to have Heidi du Preez from Natural Nutrition, in Stilbaai for a life changing seminar in October, November!

Natural Nutrition's goal is to educate and empower you to make smart health choices. We inspire you to take responsibility for your own health. Heidi du Preez, who has a sound scientific background, combined with experience, enthusiasm and a passion for people and health, uses a holistic and functional biomedical approach to human healthcare. She believes that health is much more than the absence of disease. It is a state of physical, emotional, mental and spiritual wellbeing. By shifting the traditional disease-centered focus of medical practice to a more patient-centered approach, she addresses the whole person, not just an isolated set of symptoms. Everyone deserves vibrant health and wellness! Our challenge is to make informed choices. It is the different choices that we make, which determine whether we are enjoying health and life to its full potential.

Heidi du Preez (Pr.Sci.Nat., M.Sc.) is a registered Professional Natural Scientist, who obtained her master degree in Food Science. She is currently specialising in Nutritional Medicine. Heidi consults to both the food and health industries and practices as a Nutritional Therapist in Cape Town. She uses a holistic, biomedical approach by incorporating diet, supplementation, detoxification and spiritual wellbeing in her treatment regimen. Her focus is on the prevention and cure of chronic, metabolic and degenerative diseases.

Where: **Wellness & Lifestyle Centre Stilbaai**

When: **31 October - 2 November 2014**

Friday, 31 Oct	19:00- Inligtings-Geleentheid, Ligte verversings & Sprekers (FREE)
Saterdag, 1 Nov	9:30-11:00- “Functional Medicine Explained” Seminar- Heidi du Preez (R50)
	12:00-14:00- “Food Demo, Lunch & Workshop” - Heidi du Preez (R150)
	15:00-16:30- “Spring Clean, Detox & Weight Management” Seminar- Heidi du Preez (R50)
	19:00- Movie & Supper: TBC (R45 p.p./R25 Children under 10y)
Sunday, 2 Nov	Whole Day- Heidi du Preez- Private Consultations on request.

Cost: Full Weekend Seminar & Food: R 995.00 p.p.
Full Weekend Seminar with Accommodation: R 1 495.00 (2 Nights) p.p.
(Detail Menu & Program on Request)(T & C)

Book now for this unique opportunity!

Contact the **Wellness & Lifestyle Centre Stilbaai** for more information.

Tel: 028- 754 3736 / 074 117 3121

E-mail: stilbaai@healingtruth.co.za

Donations & contributions welcome.

Thank you for your support!

(The Wellness & Lifestyle Centre Stilbaai is a registered not for profit organization)

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