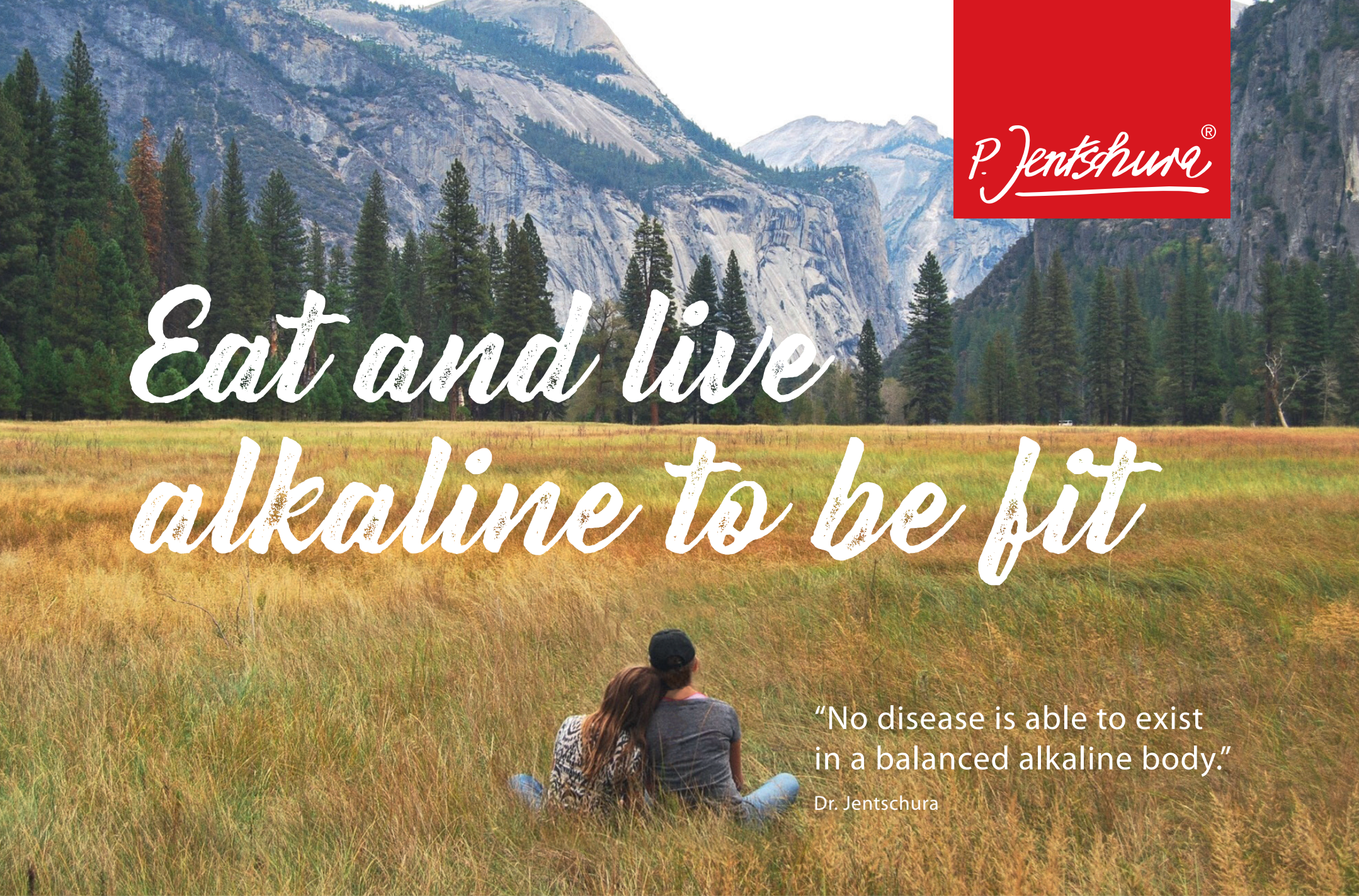




P. Jentschura®

Eat and live alkaline to be fit



"No disease is able to exist
in a balanced alkaline body."

Dr. Jentschura

Eating processed foods and being constantly stressed creates acidity and robs your body of mineral deposits. The process of deterioration then starts. **Stephan Wilmes, The AlkalineDietGuy**, will tell you how to rebalance the alkaline levels in your body through regeneration, purification, and cleansing.

Stephan will introduce the basics of our human metabolism as well explains the consequences of a calorie-rich, acidic diet and gives you an overview of toxic and harmful substances. You will enjoy fundamentally improving your health and wellness when you learn how easily you can implement an alkaline lifestyle.

Stephan is a former professional athlete, an alkaline coach and the founder of the Ayurveda Wellness Center Munich, Germany. He is an internationally renowned speaker on re-alkalizing the body and his company, YouInFocus Products is the North-American distributor of Dr. Jentschura's alkalizing program from Germany.

Participants enjoy Stephan's holistic, enthusiastic and inspirational approach to health and wellness.

Tuesday November 5, 2019

7:00 pm - 8:00 pm NE Newmarket

16655 Yonge St, Newmarket, ON L3X 1V6

Register with Customer Service ☎ (905) 898-1844

free lecture • limited seating



YouInFocus  Products

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