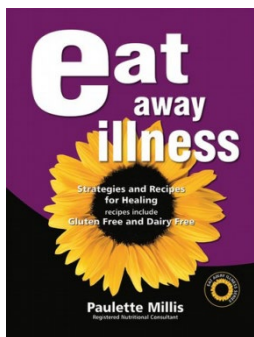




Paulette Millis, RHN, RSW
Healing Depression Naturally
11:30-12:30 – Saturday, September 14

To register, go to: <https://www.eventbrite.com/e/healing-depression-naturally-tickets-68056632219>



What CAN we do without using drugs to relieve symptoms of depression? Learn how to enhance your quality of life with nutrition and lifestyle changes:

...how macronutrients can have a tremendous impact on your mood and energy level.

...how your gut health affects your brain function.

...how balancing hormones, and supporting thyroid function can relieve symptoms of depression.

...which foods, which combinations of foods, and what quantity of these foods are ideal.

...which foods to avoid, and why.

...how to use supplements and which ones are useful for various symptoms. Paulette Millis is a leading authority on nutrition and healing. She is a published author of 5 books, two of which are national best sellers. Paulette is a Registered Holistic Nutritionist and Registered Social Worker with 25 years of experience teaching, facilitating, counseling and lecturing people through life's issues and healing challenges. To find out about her healing retreats and sign up for her blog, go to www.healingwithnutrition.ca



