

Feed Your Mind, Feed Your Body



**An evening public seminar in South Sydney
with Ian Gawler and Greg Fitzgerald**

Tuesday, 3rd of March, 2015

Modern studies have shown the tremendous effect the mind has on the body.

Our psychology affects our biology!

The issues in our heads often become issues in our tissues!

Dr Gawler will be addressing the critically important subject of what to “feed” your mind. This covers the sort of thoughts and emotions that feed our mind for the better, promoting a stronger immune system and longer telomere length (the caps at the end of our chromosomes which strongly influence our resistance to chronic disease and longevity). This is ground-breaking research.

He will also address what thoughts and emotions poison our mind, predisposing to unhappiness, inner turmoil and chronic illness. What are the states of mind that lead to unhappiness, depression, anxiety and even chronic disease, or to issues in our tissues?

Dr Gawler will also discuss what he calls “The Missing Link”. This is what is lacking in most people’s lives today, which almost guarantees unhappiness and a restless mind. This missing link is more common now than ever in human history, and is a prime cause of the epidemic of stress overload in the modern world.

He will also explain the wonderful benefits of simple meditation, and take the audience through a deeply relaxing practical session.

Other “Mind Food” techniques will be discussed, which can be practiced from that moment on in people’s everyday lives, and they cost nothing.

Greg Fitzgerald, Naturopath, Osteopath and Chiropractor and Principal of Health for Life Clinic and Seminars, will also speak on ways we can **nurture our bodies**. What is the good of having inner peace but a body that is falling apart with pain and disability? Greg will cover 10 life- changing areas:

- 1) Is it necessary to become a vegan for optimal health and longevity?
- 2) Why and how gluten can be a problem for many people, affecting the way they think and any part of their body;
- 3) Why what we are led to believe about nutrition by the health authorities is actually killing us;
- 4) Why when you eat (and don't eat) is just as important as what you eat;
- 5) The 3 nutritional mistakes Greg has made personally and how YOU can benefit by avoiding them;
- 6) The problems with "speeding up your metabolism";
- 7) Explaining the puzzle of why some people eat well but still suffer health problems;
- 8) The biggest exercise mistake most people make. This one tip alone can change your life;
- 9) How your illnesses are trying to keep you healthy!
- 10) The greatest health secret which is NOT taught in medical schools, Allied Health Institutions OR most Naturopathic Colleges!

This will be a fantastic evening. Ian and Greg are very excited to help you improve your life in 3 hours of life-changing wisdom, information and inspiration.

Make the rest of the year the best of the year!

When? Tuesday 3rd March 2015

Time? Registration 6.30pm Seminar 6.45pm - 10.15pm

Where? Kareela Golf Club, Bates Drive. Kareela

PLEASE NOTE This event was originally advertised at Doltone House Sylvania, but there has been a change of venue to Kareela Golf Club, Bates Drive, Kareela.

EARLY BIRD OFFER \$39.00 only.

(Normal price \$59.00 until 24-3-2015 or until seats sold)

How to register and pay for this event?

Register online at: <http://www.healthforlife.com.au/events/feed-your-body-feed-your-mind/>
or for enquires please call Dawn at Health for Life Seminars on 9540 1962 or 0424246847

With thanks to Greg Fitzgerald for this copy