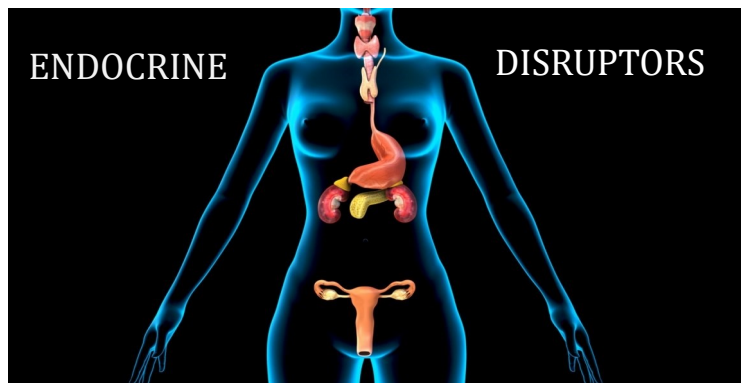
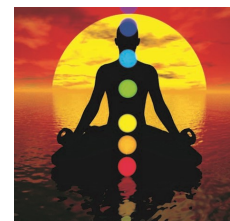


# The Centre for Well-Being Foundation

## HEALTH SEMINAR



THURS. 22nd April  
from 7.30PM to 9.00 PM  
Contribution cost: \$15

## YOUR GUIDE TO DETOXIFICATION

*By Anita Di Stasio, naturopath*

Toxicity is a major and growing issue due to contamination of air, food, water, farming techniques, food processing. It is ubiquitous and unavoidable. Although not everyone is equally vulnerable, exogenous and endogenous toxins work together to cause chronic inflammation, endocrine and mitochondrial disruption.

Anita will discuss environmental chemicals and heavy metals, then look at strategies we can implement in areas of toxin defence to counteract the effect of current toxicity, and restore the protective barriers to defend against our daily toxic insults to maintain health.

Anita has been in practise as a naturopath for over 27 years, and combines her practice with 35 years experience as a registered nurse, she has considerable practical experience of both orthodox and complementary medicine.

Held at the Sunbury Community Centre: 531 Elizabeth Dve, Sunbury  
FOR BOOKINGS: Contact Sandra on 0411 100 947  
Email: [cfwellbeingfoundation@gmail.com](mailto:cfwellbeingfoundation@gmail.com)