

# Creating Great Digestion!

**Wednesday Oct 17th  
7 - 8:30 pm**

*At the Office of  
Birgitte Antonsen and Margaret Mann  
Nutritional Therapy Practitioners*

## **A Holistic Approach to Balancing Your Digestion**

Learn about the importance of :

A good digestion  
and what can disturb the balance

Enzymes, Stomach Acid and Bile salts

How to maintain a healthy gut

Eating a healthy diet

**Limited seating available  
Fee \$20 Current clients no charge**

**Call 425-747-0533  
to register**



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