



Is Something Eating You or... Is It Something You are Eating?

Friday, July 29, 2011, from 9:00 am to 5:00 pm

Registration Form

Course Objectives

- Define "wellness" and its measurements beyond typical laboratory testing
- Understand the basis of disease and describe possibilities for disease prevention and reversal through diet, superfoods and lifestyle.
- Describe the impact of food on the neurochemistry on the brain.
- Understand the importance of a nutritional assessment as it relates to addiction or substance abuse problems.
- Explain the differences between an alkaline and acidic diet and the emotional and physical impact of each and methods of preparation.

IS SOMETHING EATING YOU? OR IS IT SOMETHING YOU'RE EATING? JULY 29, 2011 MAIL-IN REGISTRATION FORM

NAME: _____
TITLE: _____
EMAIL: _____
PHONE: _____
STREET ADDRESS: _____

Course Fee (\$85 by 7/8, \$95 by 7/28, \$100 at door): _____
Optional Box Lunch (\$10.00): _____
Total Amount of check enclosed: _____

MAIL & MAKE CHECK PAYABLE TO:
INSIGHT Learning & Wellness Center
25901 Emery Road, Suite 112, Cleveland, OH 44128