



In observation of National Allergy and Asthma Awareness Month HealthWalk Presents:

Rejuvenating Through Juicing

with Janelle Deeds, Certified Nutrition and Functional Endocrinology Consultant.

Learn how to incorporate juicing into your every day lifestyle and choose the fruits and vegetables that support your cells, tissues and organs to reduce respiratory, muscle and joint inflammation, prevent and reduce allergies and many other diseases.

Juicing is a powerful way to address disease prevention and reversal. Scientific research show that the phytonutrients contained in fruits and vegetables can destroy cancer cells, stabilize your blood sugar, help you lose weight, detoxify your body, support the body's organs to function properly and to reduce the internal inflammation which causes respiratory concerns.

Tip of the day - raw garlic contains potent ethers and enzymes that dissolve mucus in lungs and bronchial tubes and help restore normal breathing; also kills bacteria in air passages, preventing respiratory infections.

Wednesday, May 21, 2008 7:00pm to 8:00pm

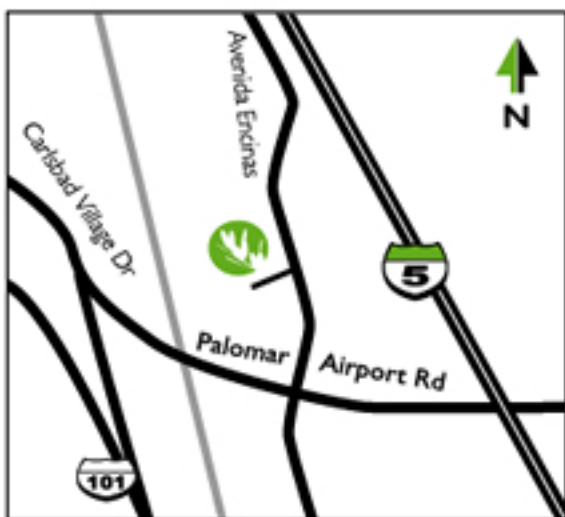
Cost: \$25 per person, or bring a friend and you will receive the discounted rate of \$35 for two.

Register today online at www.healthwalk.com or call 760-929-1520 or 877-255-4703

This event is held at the HealthWalk Clinic located at 5825 Avenida Encinas, Ste. 111, Carlsbad, CA 92008

Visit www.healthwalk.com to learn more about these events and for future events or email us your requests at info@healthwalk.com.

How to get here



From the North: From the I-5 Freeway, exit Palomar Airport Rd. Turn right onto Palomar Airport Rd and right onto Avenida Encinas. Our clinic is on the left hand side.

From the South: From the I-5 Freeway, exit Palomar Airport Rd. Turn left onto Palomar Airport Rd and right onto Avenida Encinas. Our clinic is on the left hand side.

