

Heart of Transformation Wellness Institute
Mind-Body Integration Towards Wellness and Wholeness

Improving Health With Spices, Herbs, Teas and Essential Oils



- **Learn About The Concept of Food as Medicine**
- **Issue of Source and Potency**
- **How to Increase Energy Without Caffeine**
- **Nutritional Approaches**
- **Emotional Support**
- **Sleep and Calming Strategies**
- **How to Balance Your Mind-Body System**
- **Detox. With Herbs and Spices**
- **Decrease Inflammation**
- **Learn How Essential Oils can support a healthy life style**

Date: Wednesday September 25, 2019,

Time: 7:00 pm to 8:30 pm

Donation: \$20.00 or what you can. All are welcome.

Location: Spice and Tea Exchange

1615 Sherman Ave.

Evanston IL 60201

For More Information Call (847) 425-9355 or (224) 714-9593

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Jim Lal-Tabak has 35 years experience promoting health through Yoga, Reiki, Chinese Energetic Method, Access Bars and Healing Spectrums. (224)714-9593.

www.bodymindmedicine.com