



*I am sorry to tell you.
That 'diet food' there,
not so good.*

**Why are we trying so hard to lose weight
if the body "heals itself"?**

Hey, if your body wasn't working for it's life then you wouldn't be here. Find out how you can help your most loyal companion live a better, more vibrant life with every meal.

Learn some basics so your Di-et can become a Live-it and your body can return to health.
Thursday, July 30 in the Office break room @ 3:30pm - Be there or ask Siri!