

Free
Gluten-free
Foods !



Previous
clients lost an
average of 10
pounds /month
and kept it off!

Renew Your Body & Mind for the New Year

Join Nutritionist Faye Elahi, the well known nutritionist featured on Channel 11, Channel 33, and channel 8, for 4-exciting classes addressing these common health issues:

- **Permanent Weight Gain or Weight Loss, the Gluten-free way!**
- **Food Allergies/Intolerances, causes and solutions**
- **Chronic Adrenal Fatigue: The 21st Century Epidemic!**
- **Digestive Tract Disorders leading to “Leaky Gut” (underlying ADD, ADHD, Autism, Depression, Celiac Disease & Obesity)**

Dates: Saturday January 9, 16, 23 & 30

Location: Willow Bend Wellness Center
6101 Chapel Hill Blvd Plano, TX 75093

Time: 9:30 a.m. - 11:30 a.m.

Cost: \$240.00- 4 sessions or \$120- 2 sessions

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specialneedsnutrition@gmail.com