

## Instructors

Class Discussion:  
Jacquelyn Blizzard

Food Demonstration:  
Jim Blizzard

## Cost

Workshop: donation  
Workbook: \$7

## Seating limit

20 Persons

## Hours

Sunday 1:45-5 pm  
Monday 5:30-7:30 pm

## Pre-Registration

Please pre-register  
and Pre-order  
your workbook

## Deadline

January 7<sup>th</sup> 2019

Being held at  
Eastman Hill Health and  
Training Center

147 Eastman Hill Rd.  
Willseyville, NY 13864

607-659-7399  
blizzard@eastmanhill.net  
eastmanhill.net/health

# Digestive Health Workshop

February 10<sup>th</sup>, 2019  
Optional Monday Class

## Class Discussion Topics

- ❖ Examining digestive organs
- ❖ Alkalinity and acidity
- ❖ Probiotics vs antibiotics
- ❖ Organ health and disease
- ❖ Cleanse and detoxify protocol
- ❖ Pancreas and diabetes
- ❖ Leaky gut and colon disease
- ❖ Mental deterioration and digestion
- ❖ Practical solutions and recipes
- ❖ Food and meal planning

*Join us for...*

The Digestive Health Workshop is a must for anyone who struggles with mental or digestive disorders. Learn how people solve their problem in days or weeks.