

Free Seminar with Dr. James Meschino, DC, MS, ND Healthy Aging and Nutrition Expert



Nutrition & Disease: How to conquer the genetic time bombs of aging and disease, naturally

Modern research reveals that nutrition, supplementation and lifestyle factors play a dominant role in the prevention and development of many degenerative conditions and greatly affect the rate at which we age. In this seminar Dr. Meschino explains the current scientific evidence showing that proper nutrition, physical activity and a targeted supplementation plan can reduce your risk of serious health conditions, enhance your body shape and slow/reverse many aspects of aging itself.

Learn what recent scientific break-throughs reveal about the influence of nutrition and supplementation on:

- Heart Disease
- Osteoporosis
- Arthritis
- The Aging Process
- Menopause and PMS
- Cancer
- Prostate Disease
- Weight Loss
- Women's Hormonal Health
- Other Degenerative Conditions

Kitchener Seminar

Wednesday, June 17th, 2009

7:00pm to 8:30pm

Seating is on a First Come Basis

For more information: 1-877-637-4040
or email: seminars@meschinohealth.com

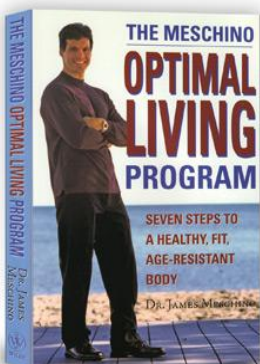
The Delta Hotel Kitchener

Kitchener 3 Room

(Second Level)

105 King Street East, Kitchener

***Free Parking Available at Hotel**



Dr. James Meschino D.C., M.Sc., N.D. has been a member of the board of advisors of the Academy of Anti-Aging Research. He is a faculty member of the American Council On Exercise (ACE) and an associate professor (Division of Biochemistry and Physiology) at the Canadian Memorial Chiropractic College, where he has coordinated, and/or lectured in, the nutrition, natural medicine and biochemistry courses since 1984. Dr. Meschino is the research and clinical director of the RenaiSante Institute of Integrative Medicine and has authored four nutrition/wellness/healthy aging books, including The Meschino Optimal Living Program – 7 Steps To A Healthy, Fit, Age-Resistant Body (Wiley Publishing).

Dr. Meschino is a regular nutrition and healthy aging columnist for Canadian Health and Lifestyle Magazine, Sharp Magazine as well as several professional health publications. He is a frequent nutrition and healthy aging expert on TV and radio shows and was the on-air nutrition expert for Canadian Living television, which aired daily on the CTV network across Canada.