



Spring Detox and Nutrition Course

Feel Better and Improve Your Health!



Tammy Grime, Bsc. (Hons) N.D.
Doctor of Naturopathic Medicine
Certified Bowen Practitioner
www.doctortammygrime.com

Take the 3 week challenge! Improve your **ENERGY, MOOD, SLEEP, and ATHLETIC PERFORMANCE.** Lose extra **WEIGHT**, eliminate **CRAVINGS, FOGGY THINKING, BLOATING, PAIN, INFLAMMATION** and more. Lower your over-all toxic burden. You'll be taught nutritional pearls so that you can feel your best, significantly improve your health and stay well.

4 WEEK GROUP COURSE THAT MEETS MONDAY EVENINGS IN JUNE AT
7:30PM, STARTING JUNE 6TH

COST: \$100 + hst

Includes a copy of "Your Wellness Guide to Vibrant Health"
by Dr. Tammy Grime, complete with recipes (\$30 value)

Optional body composition testing available to monitor
before and after results is an additional \$50

HIGH PARK CHIROPRACTIC AND INTEGRATED HEALTH CENTRE
10 – 2100 BLOOR ST. WEST, TORONTO

Call to register. Limited spaces available! 416-762-7591

REGISTER BY MON MAY 30TH

Dr. Tammy Grime, Bsc. (hons), ND is a licensed Naturopathic Doctor. She completed her premedical training at the University of Guelph and is completing a fellowship in Environmental Medicine. She has taught Anatomy, Physiology, Nutritional Biochemistry and Environmental Medicine. She has a busy practice in High Park, helping people resolve their health concerns.

Topics that will be covered include; body basic 101, nutritional fundamentals, blood sugar balance, the in's and out's of inflammation, food sensitivities, pH balance, creating meals and more!




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