

The Allergy and Environmental Health Association - Ottawa
is sponsoring

Detoxifying and Rebuilding Body Function – A Holistic Approach

**THURSDAY,
FEBRUARY 21, 2008**

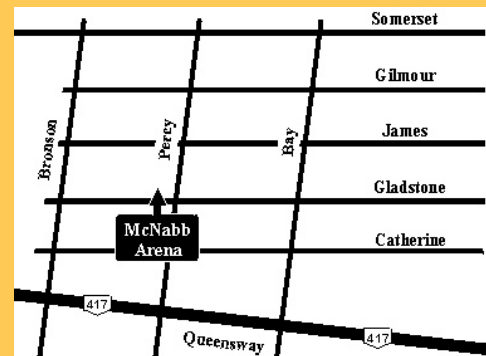
Part 3 of AEHA-Ottawa's Detoxification Series

Michelle Meyer will speak about nutritional, herbal and homeopathic therapies, as well as lifestyle approaches which can help us rebuild, rebalance and detoxify our bodies which in turn, can reduce our sensitivity to specific environmental irritants and foods. These lifestyle approaches include being aware of what mental and emotional state we are in when we are eating and going through our daily rhythms. Dr. Meyer will talk about our connection to our bodies in a holistic framework. The link between our emotional and mental state and our physical wellbeing will be discussed both in terms of our ability to remove toxins from our bodies and the extent to which we are able to rebuild our body function in order to more effectively process nutrients without producing excess amounts of toxic waste.

A holistic health consultant for over 20 years, Michelle Meyer has been practicing as a licensed Naturopathic Doctor in Ottawa since 2000. Dr. Meyer has received post graduate psychotherapy training, is certified as a Core Energetics body-centred psychotherapist, and is also a certified colonic hydrotherapist.



**Dr. Michele Meyer, ND
Rejuvenation Clinic**



McNabb Arena - Dance Studio
180 Percy Street
Bus #14 on Percy and #85 on Bronson
Free Parking

**Registration: 6:30-7:00 pm
Seminar: 7:00 pm sharp**



**Free Admission
Open to the Public
Donations Welcome**

**To protect the health of our members,
PLEASE WEAR NO SCENTS to AEHA-
Ottawa events (including perfumes and
any fragranced or chemically unsafe
products including fabric softener).**