

# St. Catharines, ON Meeting

## April 23rd 7-9pm

### Practical Advice To Lick The Refined Sugar Addiction

There has been a 70% increase in insulin resistance over the last 30 years. Even children are now developing insulin resistance and Metabolic Syndrome X. Sugar addiction suggests that eating too many simple carbohydrates is linked to many of the chronic diseases people are suffering today.

Come and learn what you can do to lick your sugar addiction and put the brakes on a life of pain and suffering.



### With Speaker **Susan Ryczko**



**Susan Ryczko** is a certified herbalist, colon therapist, and registered massage therapist in the Niagara Region. As a strong advocate for alternative health medicine, and hands on patient care, she involves her clients in their journey to better wellness. Her professional interests focus on delivering care to the public and specialized care for cancer patients by means of massage, lymph drainage and hydrotherapy. She is a manager of Nature's Sunshine products and teaches a comprehensive weight management IN.FORM class certified through Nature's Sunshine. In addition she serves as a member of NABWIN which is a Women entrepreneurial networking group in the Niagara Region.

### **St Catharines, ON**

Tues. April 23rd 7:00 - 9:00pm

### **Best Western Hotel**

2 North Service Rd.,

St. Catharines, ON L2N 4G9

### **FREE of Charge**

### **All Are Welcome!**

**Don't miss this timely and informative seminar.**

To register please call Milly Deaken at 1-877-257-4372 ext. 3919, or email [millyd@natr.com](mailto:millyd@natr.com).

**Special draws, giveaways, and more...**

NATURE'S SUNSHINE'