

RECAP WEBINAR

Generating Optimal Energy for Optimal Health in 2019



ENERGY



With **Dr. Steven Horne DNM, RH**

The body requires a source of energy to operate correctly, just as any machine requires an energy source in order to work. Put the wrong kind of fuel in your car and the motor will sputter, stall or fail to operate at all. Put the wrong kind of fuel in your body and you'll get mental and physical fatigue and general poor health.

In this presentation, Dr. Steven Horne, DNM, RH, will help you understand the body's cellular power plants, the mitochondria, and how high blood sugar, imbalanced blood fats, nutritional deficiencies and other metabolic imbalances destroy the body's cellular power plants resulting in poor physical and mental health. He'll talk about what we can do to get the "dirty fuel" out of our diets, get our blood sugar and blood fats into a more balanced state, and supply the nutrients our cellular power plants need to stay healthy. Join us and learn how to take your health to a higher level.

TOUR-RECAP WEBINAR

If you missed this amazing tour join us for the recap webinar.
Also for those who just want a refresher. Join us as Steven
recaps the highlights of his popular tour!

February 5th at 12 noon – 1 p.m Live Webinar

Go to link:

<https://attendee.gotowebinar.com/register/7814613263413949954>

Note: After registering you will receive a confirmation e-mail containing information on how to join the webinar.

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