

How Hormones Affect Bone, Heart & Mental Health

A Free Public Lecture for Both Men & Women

Presented by James Frame



James Frame has been in the health industry for 15 years. His experience spans nutrition, exercise physiology and each area of the Natural Products industry. He has established global supply and manufacturing operations in five countries, is the CEO and founder of Natural Health International and has been heavily involved in clinical research and education into women's health over the last 8 years.

Join us for a free presentation and discussion on hormones and how they relate to every part of your health. The lecture will also include insights into all aspects of health including diet, the importance of choosing the right salt, exercise, lifestyle, including sleep issues, environment and the importance of detoxification & alkalizing the body.

Some discussion highlights:

- Why does a woman's risk of heart disease increase so dramatically later in life?
- Do men need to be concerned about their hormones? If so, why?
- Why do women lose 7-10% of their bone density in the first 3-5 years post menopause?
- What do hormones have to do with neurotransmitters, mood and cognitive function?
- How to actually get results for PCOS, hair loss, infertility and many other more challenging hormone imbalance conditions
- Learn what the four main sleep issues are and top four suggested treatments
- Why all your customers should be using Original Himalayan Crystal Salt

Date: Wednesday, October 5th

Time: 7:00pm - 8:00pm

Place: Wamsutta Club

427 County Street, New Bedford, MA 02740

508 997-7431

For more information please call Down to Earth New Bedford at (508) 996 - 1995

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