

ASTRO Networks Victoria Inc.

is proud to present

Michele Wolff

to speak on



Toxins Affect Us All ~ How You Can Minimise Toxins, the Effect and Stop them Affecting your Health

Michele has qualifications in Naturopathy (B.HSc), is a Registered Nurse, Hypnotherapist, Colonic Hydrotherapist and Aromatherapist. She is a Senior Lecturer with over 20 years experience in natural medicine specialising in digestion, detox and food as a medicine, and is the Author of *'Digestive Solutions' – 101 Proven Methods to Solve your Tummy Problems Naturally.*

Toxins are invisible, deadly and latent. Very few chemicals are routinely tested for in human tissue and toxin measures are rarely used clinically. Toxins include dioxins, heavy metals, phalates, food chemicals and chemicals found in skin and cleaning products. We will discuss what you may be exposed to and how to minimise them, for example, certain indoor plants reduce chemicals like formaldehyde, xylene, benzene, ammonia, acetone within 24 hours.

The Evenings' Presentation will Focus on;

- *Environmental Toxins.*
- *How they Affect Us.*
- *How we May be Exposed to Them.*
- *What We Can do to Minimise Exposure.*
- *What We Can do to Eliminate them from the Body.*
- *How We Can Help the Home Environment and How to Detoxify our Bodies.*

**Increase your Awareness of What you are Potentially Exposed to!
A Very Informative Evening! See You There!!**

Monday, 8th of October, 2018

7:45 p.m. (8:00 p.m. start)

Members - \$5.00

Non Members - \$15.00

Kew Library, Cnr Cotham Road & Civic Drive, Kew, 3101

Organic Teas/Coffee/Hot Chocolate/Herbal Teas with Biscuits provided

For more information about this and other ASTRO events contact Sergio or Josephine on
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