

ASTRO Networks Victoria Inc.

is proud to present

Michele Wolff

to speak on



Food, Nutrition, Herbs and Digestion

Michele has qualifications in Naturopathy (B.HSc), is a Registered Nurse, Hypnotherapist, Colon Hydrotherapist, Aromatherapist and Practitioner of Ayurvedic medicine. 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.

The digestive tract plays a vital role in your health as it is responsible for absorbing nutrients and eliminating wastes. Michele will share her years of clinical experience in treating patients on how to overcome stomach and bowel problems. She will show you how to master your own personal digestive health so that you can create a healthier lifestyle.

The Evenings' Presentation will Focus on;-

- *How to Keep the Digestive System Strong.*
- *What to Eat for a Healthy Digestive System.*
- *The Power of Nutrition for Healthy Digestion.*
- *Ayurvedic Philosophy and Digestion.*
- *Herbs and Herbal Teas that Keep the Digestive System Strong and Treat Common Complaints.*
- *Stress, Lifestyle and Digestion.*

**How to Increase your Sense of Wellbeing through Nutrition and Digestion.
A Very Interesting and Informative Evening! See You There!!**

Monday, the 20th of June, 2022

Doors Open: 7:45 p.m. (Presentation starts: 8:00 p.m.)

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
(03) 9857 8719 (AH) or Email to; astro@home.netspeed.com.au or write to; P.O. Box 4032, Balwyn, Vic., 3103

Website Address: www.astronet.org.au