

PROTECT YOUR WELLBEING WITH FOODS AT YOUR FINGERTIPS!



Presenter: Antoinette (Toni) St. Clair, president and founder of TrueSelf TotalHealth is a functional nutrition coach, wellness consultant, and plant-based nutrition educator, and speaker.

Class Description: There are many things that impact your wellbeing, but for this discussion we are going to focus on nutrition deficiencies. Specifically, one of the major causes if not **THE** major cause of nutrition deficiencies in this country. Here's a hint: 7 out of 10 people do it every day!! Join me for a lively interactive educational and enlightening webinar discussion on:

- * The major cause of nutrition deficiencies and insufficiencies.
- * How they impact your health, wellbeing, weight management, sexual pleasure and performance, and more.
- * **Simple “at your fingertips” foods** to minimize nutrition deficiencies and insufficiencies, boost your vitality and manage common health issues.

Bonus 1: Sample “Magical” Elixir Recipes for healing and energy!

Bonus 2: Nutrition Self-Assessment forms!

Bonus 3: Sample “At Your Fingertips” recipes!

Cost: A bargain at only \$27 for information and resources valued at \$97! Space is limited! Click [here](#) for date, time, and to register.