

Up-coming Health Seminar

Seminar Topics:

**Chronic Fatigue, Burnout, Fibromyalgia, Allergies
And The Famous Five Natural Remedies**



with Dr David Bird
(Chronic Fatigue / Burnout Specialist)

MBChB, Auckland
Diploma in Obstetrics and Gynaecology
Fellow, Australasian College of Nutritional and Environmental
Medicine
Diploma in Nutritional Medicine (International Academy of
Nutrition)
Fellow Royal Australian College of General Practitioners
Registered with the Australian Medical Board.

Areas of special interest include chronic fatigue syndrome (CFS), fibromyalgia (FMS), "burnout" and auto-immune diseases.



Why is there an epidemic of tired people?

How can chronic fatigue syndrome be avoided and how can it be treated?

Why is there an epidemic of allergies and sensitivities.

How can we avoid and treat these common conditions?

Also learn about five household items that can be used to treat many common ailments and injuries. Learn the basic five and then you can build on these with confidence.

Bookings Essential

Don't miss this exciting opportunity!

Venue: 15 Industrial Park Dve, Lilydale 3140

Dates: Sunday, 19th Febuary, 10am - 3:30pm

Cost: \$20 - including light lunch

Bookings Essential: 9739 4093 RSVP by 16th Feb