

The SPECIFIC CARBOHYDRATE DIET

Seminar & Cooking Demonstration

VENUE:

Intuitive Well
70 Bronte Road
Bondi Junction

For Bookings:
Mindd Foundation
02-93373600

By Sandra Ramacher

HEALING FOODS

Cooking for

Celiacs, Colitis, Crohn's and IBS

*200+ Recipes for the
Specific Carbohydrate Diet*

Foreword by Dr. Ron Hoffman



Totally grain free, gluten free, sugar free and lactose free

**10TH
SEPTEMBER**

The Author:

Sandra Ramacher has been on this diet for over three years and has successfully recovered from 7 years of suffering from severe ulcerative colitis.

Find out how she did it and how she has managed to stay on the diet and continue to be healthier than ever.

This seminar will give you the tools to get started and empower you to take charge of your health.

Sandra will also be bringing along and making some delicious treats for everyone!

The \$20 booking fee will go to the Mindd Foundation.

September 10th
7pm - 9pm