



Join us at

## ***Family Health Center***

1170 Dekalb Avenue ♦ 815-895-8151

*(Please RSVP by phone or at the store to reserve your seat)*

For a FREE Consumer Seminar

Thursday, September 30 ♦ 7 pm

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### **“Secrets of Natural Healing”**

Our bodies are created to be self-healing. When the healing path is blocked, we can take simple and powerful steps to get back on track. When we support the natural processes of the body, it will heal itself quickly – in as little as 6-12 months. In this free seminar, you’ll learn about:

- ✓ the 4 steps to Natural Healing
- ✓ why over 90% of the population is acidic
- ✓ why the proper pH balance is critical to healthiness
- ✓ how to measure, achieve and maintain the proper pH balance
- ✓ the importance of good health at the cellular level
- ✓ the 7 highly acid-forming sources to avoid

You will have the opportunity to test and understand yours and your family’s pH levels. You will be given clear information on how to correct both overly acidic and overly alkaline pH levels. **Bottom line: You’ll learn how to take control of your own health!** Don’t miss this fun, interactive, information-packed seminar – in fact, bring a friend, or two!



J. Roy Southwick is the Senior Vice President of Positive Power Nutrition Co. Now in his third year with the company, he has made appearances in more than 200 independent nutrition stores and related nutritional organizations to share the core benefits of pH balancing, cellular nutrition, and how to set and achieve goals towards greater health. Roy has more than 10 years of experience in public relations, marketing, and public speaking. He holds a bachelor’s degree from Brigham Young University-Hawaii. Roy resides in southern California with his wife of 13 years and five young children. Although he loves baseball, his family is his highest priority.

