

ENERGY FOR LIFE

Speaking Topic

By Pamela M. Smith, R.D

Millions of Americans are controlled by fatigue, unaware of how much their personal power drain is negatively affecting their quality of life. Increased susceptibility to illness and disease, irritability, hindered thinking capability, sleep disorders -- even the ability to effectively lose weight and stay with an exercise plan, are quite possibly a result of our Twenty First century energy crisis.

A strategy to soar past fatigue, boost energy, shed the stress response and reclaim enthusiasm for life will be presented with the most current research, information and practical guidelines to enact peak performance living.

To request more information about Pam speaking to your group, please use the contact form on www.pamsmith.com.