

WINNING THE WAR AGAINST INFLAMMATION

Speaking Topic

By Pamela M. Smith, R.D

Learn how to be energized for life, achieve overall wellness and prevent specific illnesses associated with inflammation and aging. Smith, a nationally known nutritionist and energy coach, explains the basics of the aging process and how to compensate for damage done to the body by living the sedentary American "Weigh" with poor diet and unprocessed chronic stress.

Taking a holistic view, she targets all body systems (the heart, immune and hormonal systems, the mind and others) and the way they interact to keep the body functioning – and the body healthier and younger.

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