

Wellness Wisdom Workshops

Are you sick and tired of feeling sick, tired, bloated and overweight?

Well, it's not really your fault. What if you found out that the entire Standard American Diet (SAD) food system is set up for you to fail? There are relationships between corporate agriculture, pharmaceutical companies, chemical companies, the AMA, FDA, USDA and even Congress that are intentionally or unintentionally designed to lead us into poor health.

“Let food be your medicine and medicine be your food”

~ Hippocrates (460-377 BC)

Come attend our workshops and become a healthier, wiser consumer!

Workshop Topics

- **Water Wise and Salt Savvy - Why these basics are so important**
- **Corporate vs. Conscious Consumption - Why America has become the fattest nation on earth**
- **Smart Supermarket Shopping - So simple, anyone can do it**
- **Freaky Frankenfoods**
- **Sinister Sweeteners**
- **Fun with Fats**
- **Price-Pottenger - Eat what your ancestors ate**

“I attended one of Paul Norris’ short workshops and was very impressed by his knowledge of food and nutrition. I learned a lot and I have been in this business for a long time, researching this same topic. His workshops are crucial if you want to be a healthy and informed consumer.”

— Karen Million, LMT, CCH, MTI,
Lake Travis Wellness Center



Your attendance at the Wellness Wisdom Workshop will enable you to become more informed, make better decisions and understand the reality of agribusiness, the food industry and how your choices are affecting your body and your health. This is not your traditional “eat healthy and you will feel better” workshop. This workshop will give you a vastly improved understanding of how you are being misled and what you can do about it.

Come to the first meeting and see why.

Paul Norris has spent over 40 years involved in natural health and wellness. He was raised on Adele Davis; was the owner of the first whole grain bakery in Austin; co-owner of Austin’s original natural food store(s); outside-the-box investigator; nutritional publications editor; decades long pursuer of nutritional truth and obvious avoider of corporate pandering regarding health, nutrition & fitness. . . “when it comes to health & nutrition, they can’t even fool me some of the time.”

He will provide a wealth of information to make you a smarter, healthier, consumer.



www.meetup.com/Wellness-Wisdom-Workshops
for registration and more information.

\$35.00 in advance. \$45.00 at the door.

512-266-9105