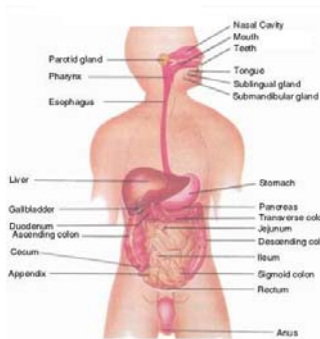


# The Digestive System Herbal Hour Free Teleconference

## Join Us! For this **Free**, pre-recorded class on the Digestive System and Hiatal Hernias

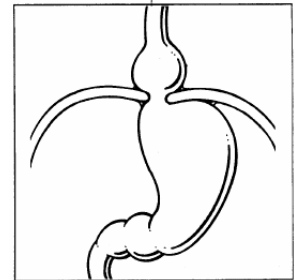
With Class Host: Valerie Greguire, Natural Health Consultant  
And Featured Speaker: Brenda Generali, Certified Iridologist



*In this class you will learn how the digestive system functions and what supplements have been historically used to benefit this system. You will also learn about Hiatal Hernias, how they are an underlying cause of acid reflux disease, and what you can do to correct one if you have one or know of anyone who has one.*

The digestive system breaks down the food we eat, extracting nutrients and assimilating them for use throughout the body. Proper digestive-system function is essential to maintaining good health and energy levels. The body requires nutrients from all three food categories (proteins, carbohydrates and fats) to survive.

Hiatal Hernia has been called the "great mimic" because it mimics many disorders. A person with this problem can get such severe pains in their chest that they think they are having a heart attack. They may think they have an over acid stomach because they will regurgitate stomach acid after they eat, or their stomach may hurt so badly they will think they have an ulcer. This is just a sampling of the symptoms that may occur from this disorder.



**Available**  
**November 11, 2008 through December 15, 2008**

To listen to this class dial: **(616) 597-8099**  
Enter pin number **658565** followed by the # sign

Brenda Generali offers certified correspondence classes in Iridology, nutrition and many other subjects. Visit her website to find out more at: <http://www.joyfullivingservices.com>

If you are interested in any products mentioned in this class, or would like more information please contact the person who gave you this flier.