

Today's average person

knows
little about the
food they eat,

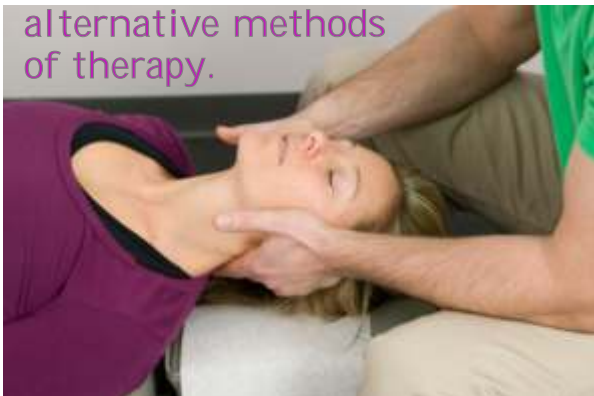


the personal items
they use,



or

alternative methods
of therapy.



CLASS TAUGHT BY
MICHELE S. CREDLE,
CBHC, CNC



Michele with
her daughter,
Samantha

Michele's entire life changed when her eldest daughter, Samantha, was diagnosed with Crohn's disease in 2003. Feeling that traditional medicine wasn't helping, she began a fervent and arduous journey to understanding the connections between food and true health. What she learned and put into practice for "Sam" proved to provide the quality of life she desired for her family, as well as hundreds of others with IBD symptoms who have sought her out for the wealth of knowledge and information she has gained in this arena.

Michele is the founding board member of the Guts2Glory Foundation, an educational, research, and support group for those who suffer with IBD and their families, and is co-writing a book with noted author, Dr. Joseph Brasco (The Center for Colon & Digestive Disease, P.C. in Huntsville, AL) about Samantha's walk from near-death to healthy teenager.

Michele continues to be a growing force in teaching others how to get healthy, stay healthy, and live a sustainable lifestyle.

PRESENTED BY



Essentially Organic2

www.essentiallyorganiconline.com

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LAYOUT BY
SHARON MIZELL DESIGN
252.562.5404

Eating on PURPOSE



NUTRITION or NONSENSE?

A 6-week instructional course to help you in your quest to getting and staying healthy. Learn how to choose the proper foods, supplements, and alternative therapies that have been used successfully for centuries.

eating on PURPOSE

NUTRITION or NONSENSE?

How involved with your food are you?

Do you know where it comes from?

Are you aware of how it is prepared, processed, packaged or delivered to your local grocery store?

Do you realize how it affects your body, emotions, and life?

If you'd like to know more about how to buy, prepare, and serve your family real food . . .

If you want to know how to live a truly "sustainable" lifestyle . . .

If you're not sure what is really good for you instead of what the media leads you to believe . . .

If you don't know what "organic" or "all natural" means . . .

If you would like to know more about alternative forms of health therapy . . .

If you are interested in personal nutritional coaching . . .

THEN THIS CLASS IS
FOR YOU!

GROCERY STICKER SHOCK

Do you know how much those so-called "groceries" are really costing you?

- Doctor bills
- Lost days at work
- Quality of life

Is the price you're paying

- Diabetes?
- Cancer?
- Heart Disease?
- Autoimmune Disorders?
- Fibromyalgia
- Being Constantly Ill?

Would you like to learn how you can improve your health?

THAT'S the difference between NUTRITION and NONSENSE!

Sign up for our next class!
Call 252.562.5404



Major Credit/Debit Cards
accepted through PayPal

SIX-WEEK CLASS SCHEDULE

Class 1

Food - What is it? Do you know?

Class 2

Conventional vs. Organic:
Is there a difference?

Class 3

Living Green:
Food, Air, Water, Environment

Class 4

What Are Alternative Therapies?
(Acupuncture, Chiropractic, Chinese Medicine, etc.)

Class 5

Healthy Choices for Mind,
Body, and Spirit
(Exercise, Emotions, Expenditures, Essentials)

Class 6

Cutting Out the Nonsense for Life

Class limited to 20 people, so sign up now!
\$65 covers all six classes plus notebook,
all handouts, meals, recipes, and samples.
Tuition must be paid 7 days before
class begins.