

Should I be gluten free? Wheat free?

YES.



Come find out why

- Do you or your children have a stomachache more than once a month?
- Do you have IBS, IBD or heartburn?
- Do you get ulcers?
- Have you suffered from iron deficiency anemia?
- Do you or your children suffer from asthma or allergies?
- Do you have headaches?
- Do you suffer from depression?
- Do you wish you had more energy?
- Do you want to lose weight?
- Do you have diabetes? Hypoglycemia?
- Do you feel shaky a short time after eating a meal?
- Do you have brain fog?
- Do you have arthritis? Inflammation?
- Do you have hair loss?
- Do you have children with ADHD, autism, or behavioral problems?
- Do you have acne, rashes or hives?
- Do you have itchy skin?
- Have you been diagnosed with an autoimmune disease?
- Have you had troubles with infertility?

If you answered YES to any of these questions, come learn more about how a gluten free / wheat free diet might be right for you. Come to our workshop:

Saturday, January 28, 2012 | 12:00-1:00 p.m. | Cost: Only \$15/person

Call or e-mail with
questions or for
more information

sacred space
YOGA

Email krista@ssyoga.com
or call 970-352-1239