



# Tony Ruprecht, M.P.P.

## **FOCUS ON SLOWING DOWN THE AGING PROCESS**



The stress and strains of modern city life place a heavy burden on our **Health and Well Being** and invariably causes the body to age faster.

In order to minimize negative influences on our health we must get to know more about the effects of food and emotions on our bodies and minds. Let's discover how the symptoms of old age can be delayed. **“For the first time in human history you have control over aging – you can age faster or slower.”** Dr. M. Tam

This program will show you how to switch-on your body's remarkable ability to protect itself against degenerative diseases. I have invited an experienced nutritionist to speak on the subject of “The Effects of Food on our Body's Well Being” and I will speak on the subject of “The Effects of Emotions (stress) on our Health”.



This 1 ½ hour will include a demonstration of how just one emotional thought can cause a massive chemical shower in your body.



|               |   |
|---------------|---|
| <b>Date:</b>  | <b>Saturday, July 25<sup>th</sup>, 2009</b> |
| <b>Time:</b>  | <b>11:30 a.m.</b>                           |
| <b>Place:</b> | <b>Casa do Alentejo (1130 Dupont St.)</b>   |

The following information pamphlets will be available:

How to live with tensions ~ Successful weight loss ~ Are you at risk?

The healthiest diet ~ Tension headache

For information, please call 416-535-3158.

## ***Let's Keep in Touch !***