

Anti-inflammatory Boot Camp

Come immerse yourself in 460 acres of nature including hiking, bonfires, and ample healthy foods. Join Dr. Rhondalynn Smith Brustoski, ND in this informative retreat where you will gain a vast amount of information about how to eat healthy foods for mind, body and spirit every day.

Learn:

- How to optimize your digestion and decrease pain
- How to optimize the function of every organ system on a daily basis
- How to get those 10 cups of veggies and fruits in per day for chronic disease and cancer prevention
- How to get quick, easy meals on the table
- What chakra foods are

Plus:

- Understand what gluten is and what it does
- Understand which foods are pro- and anti-inflammatory and why
- Demonstrations and samples of sweet treats, smoothies, raw salads and grains

*Seating is limited -
sign up today!*

A Must Workshop....

If you care at all about doing all that you can do to take control of your health and well-being - attend one of Dr. Brustoski's workshops. Naturopathic Medicine is a whole new way of explaining the processes our bodies use to function and teaching each person the unique way to support the body through natural medicine. This subject cannot be addressed properly in any less than a weekend workshop and still we're just scratching the surface. If you care about your health and your body, you owe it to yourself to attend at least one or several of her workshops.

- BV, Copley, OH



About Dr. Brustoski

Dr. Smith Brustoski, ND earned her Doctorate in Naturopathic Medicine at Bastyr University, the nation's premier academic institution for science-based natural medicine located in Seattle, Washington, and is the largest one of five accredited Naturopathic Medical Schools in the US. She is a contributing author of the *Foundations of Naturopathic Medicine Textbook*. Her desire at her practice, Nature Cure Health and Wellness in Chagrin Falls, Ohio, is to transform the paradigm of medicine to offer a preventive and curative approach to health care which includes one's entire being - mentally, emotionally, physically and spiritually. She grew up in northeast Ohio and is excited to be back to provide natural medicine to the community and beyond.

You can contact Dr. Smith Brustoski, ND at 440.247.4507 or email info@naturecurehealthandwellness.com or visit www.naturecurehealthandwellness.com

March 22, 23 & 24, 2013

Registration (which includes the workshop, meals, and a 2-night stay) begins at 1:00 pm on Friday, March 22 at a Lodge in Hiram, Ohio.

The workshop times:

Friday starting at 1:00 p.m.

Saturday all day

Sunday 9:00 a.m. to 3:00 p.m.

The fee* for the workshop is \$395 if paid before March 1 or \$435 if paid after March 1.

**Workshop fee includes room for 2 nights and six hot meals (vegetarian & non-vegetarian).*

Items will be for sale for your health needs.

To reserve your space, send \$100 deposit now.

Cancellations received by March 1 will get a full refund. After March 1 there will be a \$25 processing fee.

For further information, kindly call Lauren at 216-272-8438 or e-mail lauren@therockgirls.com to reserve a space in the workshop.

Please mail a check (payable to The Rock Girls Inc):

The Rock Girls Inc.

P.O. Box 24455

Cleveland, OH 44124

Once paid in full you will receive information on your stay at the Lodge in Hiram, Ohio.

The natural healing force within each one of us is the greatest force in getting well.

Hippocrates 460-377BC