



YOUR IMMUNE SYSTEM: All Circuits Are Busy; Call Again Later

Join us as **Garret Williams**, owner and Nutritional Therapy Practitioner of **Heritage Wellness** teaches us the foundations for achieving a balanced and efficient immune system. Nutrition and structure are essential for hydration, digestion, nutrient assimilation, and repair and maintenance of glands that operate the immune system. We'll learn about the essential nutrients, how to best get them, how to supplement your nutrients and a few nutritional protocols for enhanced immune function for ridding the body of viruses, bacteria, yeast/fungus, and the daily barrage of bugs.

Tuesday, April 17, 2018

7:00-8:30 P.M.

Escondido Hills Chiropractic
555 W. Country Club Lane, Suite H
Escondido, CA 92026

Join Us!

The Holistic Moms Network is a non-profit support and educational resource network for parents with an interest in natural, holistic, organic, green living and alternative health and parenting.

Our chapter offers monthly meetings on a variety of natural health and parenting topics as well as holistic group buys, playgroups and an active online discussion forum.

**Join us and make
a difference!**

More Information

Visit our website at:
www.holisticmoms.org

Contact Jennifer at:
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"Finally...A Community for Parents Interested in Holistic Health and Green Living"