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**LORNA**  
vanderhaeghe  
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# Everything you need to know about hormones

## AT THIS LECTURE, LORNA WILL DISCUSS:

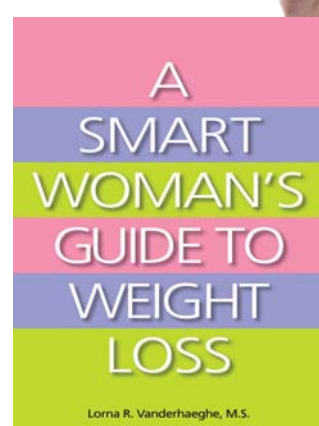
- How to stop hot flashes and night sweats
- How stress affects weight gain
- Bioidentical hormones and how to use them safely
- What nutrients help you sleep
- Low thyroid and your hormones
- The secret to halting bladder incontinence
- How to stop hair loss
- The secret to beautiful skin
- How to get your energy back

### Lorna Vanderhaeghe, MS

Lorna Vanderhaeghe is a woman's health expert who has been researching nutritional medicine for over 25 years. With degrees in nutrition and biochemistry, Lorna is the author of 10 books including her newest, *A Smart Woman's Guide to Weight Loss*. She has a monthly newsletter which you can read at her website – [www.hormonehelp.com](http://www.hormonehelp.com).

**WHERE:** Nepean Sportplex  
Hall A & B  
1701 Woodroffe Ave.  
Ottawa, ON  
613-580-2828

**WHEN:** Tuesday  
Sept 21st, 2010  
7:00–9:00 p.m.



[www.hormonehelp.com](http://www.hormonehelp.com)