

***The Raw Truth:  
Foundations of the Raw Food Lifestyle***



Thursday, October 1, 6:30pm  
Georgetown Market Community Room  
By: Pamela Reilly  
Class Fee: \$20 due at time of registration

A detailed course covering all aspects of the raw food lifestyle including:

- A history of the raw food lifestyle
- Why raw foods allow the body to heal
- How to successfully transition to raw foods
- Tips for staying raw in social situations
- How to recognize and diminish detoxification symptoms
- How to ensure complete nutrition
- Setting up a raw food kitchen
- Sprouting and dehydrating basics

Please call (317)293-9525 to register. This class fills rapidly so please register early.

***Defeating Diabetes Naturally***

Thursday, October 15, 6:30PM  
Georgetown Market Community Room  
By: Pamela Reilly  
Course Fee \$20 due at time of registration

Join Pamela Reilly, Naturopath for a course covering the many ways that diabetes, insulin resistance and Syndrome X can be controlled and even reversed using natural approaches to nutrition and supplementation.

Pamela has had Type 1 diabetes for over 42 years and is gradually eliminating her need for insulin. Learn which foods, supplements, lifestyle and dietary habits can be used to naturally control and reverse diabetes. Pamela has helped many Type 2 diabetics successfully reverse their condition and eliminate their need for medication using completely natural methods.

