**Self-Healing Auto-Immunity (AI)**

**Paula Youmell, RN**

 **2-Hour Workshop**:

 Tuesday, October 18, 5:30-7:30 PM

**“All disease begins in the gut”**

 –Hippocrates, Greek Physician nearly 2500 years ago

**Workshop Description, Lecture and Q&A:**

* Root causes of AI to support you working cooperatively with your primary care
* Gut health and how it contributes to auto-immunity
* What creates gut health, maintains it, and steps to heal when it’s distressed
* What contributes to food sensitivities and immune system overload
* Dietary habits to heal the gut, decrease inflammation, & contribute to self-healing

**Relax** into an acupuncture treatment to soothe inflammation and calm your immune system

Be prepared to take notes for post class reference and Q&A.

**Workshop Tuition: $65**



Paula Youmell, RN, Wise Woman Nurse®

I am a NYS Licensed RN and Health & Physical Education teacher trained in Functional Medicine, Herbalism, Yoga, & Energy Medicine with 37 years of experience in Natural Health.

 www.PaulaYoumellRN.com