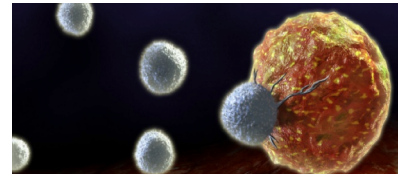
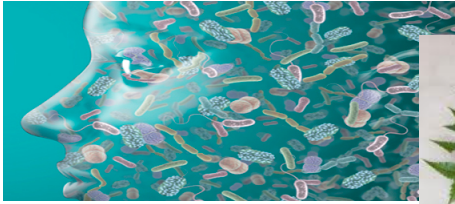


# Strengthen Your Immune System: Ayurveda Kitchen Cupboard Wisdom for a Healthy Fall Season



at Radiant Life Ayurveda

1630 Grand Avenue, Kalamazoo, MI 49006

**Wednesday November 4 and 11, 2015; 6:00-8:00 pm**

**Cost: \$45 by October 31; \$55 thereafter**

Prevent cold and flu viruses from catching you by using natural, Ayurvedic remedies from your kitchen cupboard and self-care practices to feel your best as the seasons change. You will learn how your immune system works and how to strengthen it with probiotics and herbal/spice combinations.

You will make churnas (spice combinations) that build the immunity system and herbal teas to prevent the imbalances that lead to illnesses. You will learn which spices and herbs soothe and treat symptoms if they do occur. You will also learn some simple practices to treat common fall season conditions such as congestion and sinus headaches. In addition learn how and why fresh ginger is such a powerful health promoter and treatment.

**Instructor:** Rhonda Egidio, PhD is a Registered Ayurveda Health Practitioner in Kalamazoo.

**Questions?** Contact Rhonda Egidio at 269-345-2991 or [Rhonda@RadiantLifeAyurveda.com](mailto:Rhonda@RadiantLifeAyurveda.com).

**Visit:** [http:// RadiantLifeAyurveda.com](http://RadiantLifeAyurveda.com) for more information about Ayurveda and classes.

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**Strengthen Your Immune System:** Registration limited; Register early to assure participation

Checks for \$45/\$55 payable to Rhonda Egidio, send to: 1630 Grand Avenue Kalamazoo, MI 49006  
Or to Pay Online, go to: [radiantlifeayurveda.com/workshops.html](http://radiantlifeayurveda.com/workshops.html)

Name: \_\_\_\_\_ Email: \_\_\_\_\_

Telephone: \_\_\_\_\_ Amount Enclosed: \_\_\_\_\_