

Dr. Ginger

Holistic Physician, Author, Nutrition Expert



What's in Your Multi-Vitamin?

The good, the bad, the just plain ugly

Out with the Old, In with the New

It's Time to Discover the Healthy, Real You

She's been on Dr. Oz, taught at the world-renown Hippocrates Health Institute and worked for a couple of billionaires (one who is running for President) helping to keep their companies healthy. She is now on a mission to teach YOU how to take back the power of your greatest wealth; your health. Dr. Ginger is coming to a town near you, spreading her REAL health news and changing lives!



Is Your Protein Shake Healthy?

6 deal-breaker (bad) ingredients

MIND-BODY

1

Learn how thoughts, emotions, feelings & self-talk impact your health and your weight!

SUPER NUTRITION

2

Discover the secret food category that boosts immunity & releases fat FAST!

DETOXIFICATION

3

Explore simple ways to lessen your toxic load & allow your body to truly be alive and thrive!



Toxic Skincare Ingredients

The must-know "Never Ever List"

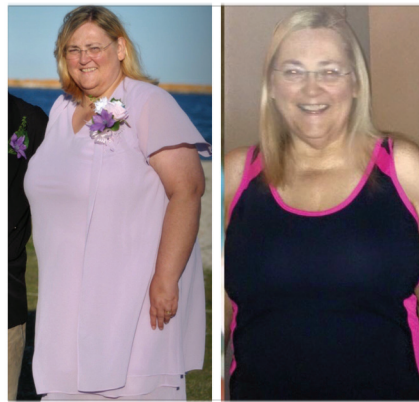
What You Don't (Yet) Know

Come get a different (and doable) perspective on weight loss, skincare, health & healing. with Dr. Ginger

If you're struggling with weight issues, health challenges, or aging skin, it's time for a fresh point of view. No longer will you be able to blame genetics or really get away with any excuse with Dr. Ginger. She will show you the way to vibrant health, more energy and glowing skin. Anti-aging at it's best, this presentation will put the disease-reversal, sugar discipline, successful weight loss and "youthing" powers back in YOUR hands, where they belong.

Learn about synthetic vs whole food supplements and the common but unnecessary vitamin manufacturing ingredient to avoid. Discover the food category and supplement ingredients that melt fat (and disease) away and the cheap, toxic ingredients to avoid at all costs in protein powders, body products and skincare (and they are everywhere).

Unearth the miraculous ancient powers of essential oil blends, based in Traditional Chinese Medicine.



Down 97 pounds!



Down 75 pounds!

Also, the importance of indoor air and water purification and so much more!

"Her knowledge of her material is excellent..." Dr. T. Colin Campbell, author The China Study

"...one of my favorite teachers at Hippocrates a Health Institute.." Kris Carr, author Crazy Sexy Cancer Survivor

Sponsored by the Cedar Springs Public Library 6:00 - 7:30 pm Wed. Feb. 17, 2016 Behind the admin bldg at Creative Technologies Academy: 350 Pine St. Cedar Springs, MI 49319 For more info: Contact the CS Library at 616-696-1910 or Liz Pigorsh, Certified Lifestyle Coach at 616-799-5122

GET A COPY OF DR. GINGER'S BEST-SELLING BOOK

Dr. Ginger's newest book, The Rainbow Juice Cleanse (www.rainbowjuicecleanse.com) will be available for purchase and autograph for \$17 (while supplies last).

"I absolutely love it." -Dr. Oz

"...a path to a life free of sugar addiction and unhealthy eating habits."
-Vani Hari, The Food Babe

"...an easy-to-understand guide to the vast health benefits of juicing."
-Taylor Armstrong, The Real Housewives of Beverly Hills

