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Food as Medicine Workshop At Muriel's Farm

Sunday April 29th 2012
Time: 2-4pm

Muriel's Farm
44 Seaview Rd
Mount Cotton, Qld

Chronic Fatigue Syndrome

Arthritis/Fibromyalgia

Joint Foods you can grow and prepare

- vinegar soaks
- pro-biotic juice and root beer sodas
- papaya
- mineral salt and clay combinations
- Bouillabaisse (French Provincial Soup) with joint foods
- Cacti - native American recipes



The cost of the workshop is \$50 per person.
Space is limited, so booking is essential.

Email your name and contact details to
linde@redlandbayhomoeopathy.com.au or call (07) 3206 8274

Payment by arrangement at the time of booking -
email me (as above) or payment by cash or cheque at
registration on the day.

Lynda Brownsey is a Homoeopath and Natural Therapist at

The Ironbark Homoeopathy Clinic in Redland Bay.

She has a Bachelor of Health Science and specialises in the
therapeutic use of organic foods.