

Why does...



Source: U.S. Department of Agriculture/U.S. Department of Health and Human Services



Join us to discover...

- ✓ How following the food pyramid has contributed to the epidemics of obesity, diabetes, metabolic syndrome and heart disease.
- ✓ The surprising link between “silent” inflammation and most of today’s major diseases.
- ✓ Foods that feed inflammation and foods that reduce inflammation.
- ✓ Which “diet” humans are genetically designed to thrive on.
- ✓ How to reset your metabolic “thermostat” to promote fat loss and improve health.
- ✓ Why “eat less and exercise more” is a sure-fire prescription for weight loss failure.
- ✓ Plus...how to burn 9 times more fat in a fraction of the time with this cardio training method!

Wednesday, August 3rd, 5:30PM at our office

**Call 388-0970 to
reserve a seat.**



Bring a friend!

McDaniel Chiropractic Center

Experience The Benefits

1330 Exchange Street, Middlebury