

www.FOUNDATIONFORREALNUTRITION.org

# The Foundation For Real Nutrition and Sustainable Living

## Meeting Location & Time:

IMMANUEL LUTHERAN CHURCH  
5211 Carpenter Street  
(at Grove Street)  
Downers Grove, IL 60515

**Monday, May 3rd  
7:00pm**

**(PLEASE NOTE THE DIFFERENT DAY & TIME)**

**WE MEET THE 1<sup>ST</sup> SUNDAY  
OF EVERY MONTH.  
VISIT OUR WEB SITE FOR  
MEETING LOCATION,  
TOPICS AND A LIST OF  
LOCAL FOOD SOURCES.**

The Foundation for Real Nutrition and Sustainable Living is a nonprofit group founded to provide a supportive community for those who want an energetic and enjoyable lifestyle of eating nutrient-rich, properly prepared whole foods while not compromising the ability of future generations to do the same. To achieve our mission, we host fun and lively monthly general meetings that are open to the public, monthly "In the Kitchen" special events for members, and other events that provide lots of practical information on supportive topics. We also provide sources of organic foods, raw milk products from pasture-fed livestock, and pasture-fed eggs and livestock in Northern Illinois and surrounding areas. Visit our web site for more information.

Join us for an enlightening presentation on ...

## STRESS

### How Diet, Herbs and Nutrients Can Help

Many are not aware that uncontrolled stress is a triggering cause in many chronic ailments and diseases. Stress comes in many forms and affects everyone to some degree. Mainstream thinking routinely discusses stress and some of its consequences. However, the usual advice is to exercise, do yoga and meditate. Mainstream thinking completely fails to emphasize the role of real nutrition in controlling and recovering from stress. In this information packed meeting, Jim Golick will discuss some of the generally unknown health consequences of stress and the dietary factors, herbs and supplements that can help keep stress in check. Come prepared to learn:

- How to recognize symptoms of stress
- What our cravings can tell us
- Dietary factors which increase stress
- Dietary factors which help stress recovery
- How to correct hormones ravaged by stress
- Herbal solutions for stress

Our featured speaker is ...

## Jim Golick CCN, LDN

Jim is a former nutrition instructor at the College of DuPage and a former nutrition counselor for area Fruitful Yield stores. He is now president of Better Health Nutrition Services in Lombard.

Jim utilizes the advanced computerized ZYTO bio-communication device to effectively analyze and select individualized solutions to achieve better health outcomes. Jim has helped over 10,000 people achieve better health through nutrition with diet, supplements, homeopathic and herbal remedies.

VISIT OUR WEB SITE FOR MORE DETAILS!

**[www.FoundationForRealNutrition.org](http://www.FoundationForRealNutrition.org)**