

The Foundation For Real Nutrition and Sustainable Living

Meeting Location & Time:

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

**Sunday, October 4th
2:00pm**

**WE MEET THE 1ST 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 ...

Holistic Dentistry for Total Health

Metals and bacterial toxicity in the mouth can be root causes of disease. How? Teeth have roots with main canals and thousands of side canals, and contained in those side canals are miles of nerves. And, like other organ systems in the body, they require (and have access to) a blood supply, lymphatic and venous drainage, and nervous innervations. Therefore examining the "whole being" and the mouth of a person is a very important part of achieving and maintaining overall health. In this presentation, you will learn about:

- How to safely eliminate mercury-amalgam fillings
- Other toxic Dental Materials
- How to eliminate root canals
- Cavitations
- Non metal Implants
- Periodontal Disease

Our featured speaker is ...

LINA GARCIA DDS, DMD

Dr. Garcia is doctor of medical dentistry. She has been on staff at St. Alexius Medical Center for the past 8 years. She graduated from the University of Nova Friburgo Dental School in 1985 and did her residency at Sesi Hospital in Rio de Janeiro. She graduated from the Boston University Advanced Dental Program in 1991. For the past 20 years Dr. Garcia has been dedicated to the research and teaching of alternative solutions for conventional dentistry. She has dedicated her practice to using dental materials that will support your health and not disease. In her practice, she offers only metal-free restorative materials. Her office is fluoride free.

OUR NEXT MEETING:

Sunday, November 1st at 2:00pm

OUR NEXT TOPIC:

Treatment of Acid Reflux/GERD with Traditional Foods

VISIT OUR WEB SITE FOR MORE DETAILS!

www.FoundationForRealNutrition.org