

Nutrition Day - (Gut Health)

Healthy soil grows Healthy Plants
Healthy Gut grows Healthy Humans

Dr Alex Bernhardt

GP & Member of Australasian College for Nutritional and Environmental Medicine.

Dr Alex will present on eight topics in the areas of :

- Gut health and its strong relationship to physical and mental health
- Environmental and Nutritional Toxins



"I have found Dr Alex, engaging, knowledgeable and very thought provoking in her approach to health improvement."
Satya

(after lunch)

"Practicals in Probiotics"

- Making 'Milk Kefir' with Monika
- Making 'Water Kefir' with Monika



- Making Naturally Fermented Vegetables with Satya

"A must attend for everybody on a human healing journey"
Ishtar

WWW.BIODYNAMICSFNQ.ORG.AU



*Regenerative, ethical
agriculture in tune
with the cosmos*

WHEN

Sunday 28th APRIL
Arrive 9.45am for
10am start to 4pm

WHERE

Patrick English Pavilion
Malanda Show Grounds
8 Park Ave, Malanda

WHAT TO BRING

Lunch to share

Notebook

Curiosity

COST

Non Members \$5
Members Free

CONTACT INFO

Satya 0425 411 545
For lifts from Cairns
Tricia 0467 089 458

