



FOR THE FIRST TIME
IN NEW ZEALAND

DR UDO ERASMUS

B.S.C, Phd



OMEGA 3-6-9

Globally recognised speaker and educator
on fats, brought directly to you.

Meeting 1.00pm to 3.00pm on Saturday 6th October 2007

FATS THAT HEAL
FATS THAT KILL

FATS THAT HEAL

FATS THAT KILL

Degenerative diseases that involve fats prematurely Kill over two-thirds of the people currently living in affluent, industrialized nations that's YOU and me. These Deaths are the result of Eating habits based on ignorance and misconceptions.

Essential fats are the greatest single nutritional deficiency of our time.

Learn

- What are the good (essential) fats and what is their function
- What happens when you don't get good fats
- What are bad (toxic) fats
- How destructive processing methods alter fats and endanger health
- How we lost the good fats and other vital nutrients and where to find them
- How to protect the good fats from damage
- How to use good fats

With 7 years of university studies and 17 years of practical experience in human and animal nutrition Dr Udo Erasmus is one of the world's most knowledgeable and articulate authorities on the role of fats in nutrition and health.

As a nutritionist, public educator, and author of the book *Fats That Heal Fats That Kill*, The first book to clearly explain the crucial role of essential fats in health.

We welcome you to join Dr Udo Erasmus for one open public meeting, free to attend.

This may be the most important meeting you attend this year, for you and your families well being.

Located at **Tea Culture**,
208 Karangahape Road, Auckland City.
Starting at 1.00pm to 3.00pm
on **Saturday 6th October 2007**.

Plenty of parking in Car park building
located behind Karangahape Road.

For enquiries and to confirm
attendance please phone

0800 655 4369 or email brett@olliepacifichhealth.co.nz

Receive a **FREE** gift
FATS THAT HEAL FATS THAT KILL CD