

Be Happier, Be Slimmer, Be Healthier

## Seminar invitation

**Guest Speaker: Noori Siddiqui**

**Emotional Stress Consultant & Nutritionist**



## How to manage:

# Emotional, Physical & Biological Stress

Come and interact, ask questions and have fun!

## What is covered in the seminar?

- ✔ How to normalise your appetite and metabolism
- ✔ How to eliminate 3-9 kg of toxic waste
- ✔ How to dramatically improve your digestion
- ✔ How to alleviate bloatedness and tiredness
- ✔ How to enhance mood and relieve symptoms of stress

## Benefits of the Total Body Internal Cleanse

- ✔ Supercharge your energy and vitality
- ✔ Supports the reversing of illness's, diseases, aches & pains
- ✔ Rid yourself of harmful parasites, pollutants and metal toxins
- ✔ Balance your pH (acid/alkaline)
- ✔ Rejuvenate, Revitalise, Recharge your immune system

## Who are we?

**Wellness Education Trust** focuses on supporting human beings in their health and wellness - mentally, emotionally and physically; which translates into wholesome wellness. We offer information through the medium of consulting, seminars and workshops to individuals, families and companies. Some of our topics include, but are not limited to: inspiration, motivation & empowerment with a speciality in physical, emotional & biological stress. Our team consists of a Cleansing & Purifying Expert and an Emotional Stress Consultant & Nutritionist.

## For any information please contact:

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