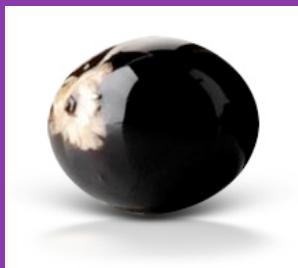


The Happy Naturopath & The Nutrition Clinic

present

“Active & Ageless with Acai”

A Tasting Party & Cooking Demo



Date 30 November (Mon)

Time 7:00 – 8:00pm

Fee \$10 per person

Venue Onaka Healing Kitchen @ Biopolis
8A Biomedical Grove
#01-17/18 Immunos @
The Biopolis,
Singapore 138648

Tel 64642007

Click www.onakagroup.com
for directions

Agenda

6:30pm

Registration

7 – 7.20pm

Introduction by Eugene He,
Naturopath

7.20 – 7.45pm

Talk by Pooja Vig, Nutritional
Therapist

7.45 – 8pm

Simple cooking demo by Rosalind,
Onaka Healing Kitchen
Recipes:
Acai Smoothie & acai salad
dressing

theguardian ”

Acai is the ultimate superfruit, its reddish skin containing anthocyanins (plant chemicals that neutralise the ‘free radicals’ associated with disease and ageing) and other antioxidants. Weight for weight, acai contains 60% more antioxidants than the acclaimed pomegranate.”


THE SCOTSMAN

“Acai, a purple wonder-berry which has twice the cancer-beating antioxidants of blueberries, is already a fashionable food in the United States, where scientists recently found it destroyed four-fifths of cancer cells.”

+ Discover

- What are acai berries?
- The many health benefits of acai
- How to incorporate acai berries into your daily nutrition

Taste a sample of acai berry juice...described by many as a delicious blend of chocolate and berries

About the Speakers

Eugene He

Eugene is an Australia trained naturopath with over 7 years experience in the health and wellness industry. He has received extensive training in herbal medicine, homoeopathy and nutrition and is also a certified hypnotherapist. Eugene has great interests in psychology and in the holistic management of mood disorders as well as anti-ageing medicine. Apart from consultations at 'The Happy Naturopath', Eugene also does individual and group health coaching in Singapore and Malaysia.

Pooja Vig

Trained as a microbiologist from the UK, and having worked in the healthcare industry for 15 years, Pooja started The Nutrition Clinic (www.thenutritionclinic.com.sg) with the objective of offering health optimization through nutrition. The Nutrition Clinic also runs workshops for companies and organizations. Pooja's perspective on health is highly sought after. She is on the Advisory Board of Shape Magazine and has written a popular column for The Straits Times' Mind Your Body supplement.