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What's causing your digestive issues? bloated, constipated, nauseous: Learn the real reasons you're having digestive problems and how to fix them for good!

Jason Teichner

Jason's Holistic Health & Healing, USA

Many of us have problems with our digestion and symptoms to go along with it. It's time to finally get some answers and permanent relief. Digestive issues can have a few underlying causes and can eventually impact every system in your brain and body. With all the GMO's, hormones, antibiotics, pesticides, radiation, and heavy metals going into our food and water today, it's no wonder we're experiencing all types of digestive issues, which will eventually lead to problems with your endocrine system (thyroid, adrenal, pituitary, hypothalamus, lymphatic), neurological system (brain), nervous system, immune system. They are all connected. But not to worry, the good news is, I will simplify what's causing your digestive issues, as well as simple changes you can make in your diet and supplement regimen to heal yourself for good, and get you back to the energy you've missed for so many years!. I've been helping people with these and other health issues for over 15 years, and I'm always privy to the latest and greatest information on healing yourself with foods and supplements. I throw out the temporary fads that have little to no scientific information to back them up and ONLY recommend the things that have gone through my rigorous testing of both science and the RIGHT types of human studies. It's extremely sad, angering, and misleading that around 90% of the supplements you see in vitamin stores DON'T work, and around HALF of them are even harmful. But again, not to worry. I will sift through all the B.S. and let you know the 10% of things that really DO work.

lookfeelbehealthy@yahoo.com