



THE LINK BETWEEN NUTRITION & WELLNESS: MINERALS

**DID YOU
KNOW?**



- Minerals play a vital role in nearly every bodily function.
- In order for vitamins to be utilized in the body, the body needs to be properly mineralized.
- A 1936 US Senate report indicated 99% of Americans were deficient in minerals, due in large part to our soil being deficient in minerals.
- The report also indicated a marked deficiency of any major mineral results in disorder or disease.

Join Brian Moselle, owner of Integrated Health Services, for a discussion on how to reverse common mineral deficiencies through diet and supplementation. The discussion will provide an overview of major and trace minerals, what deficiencies of those minerals look like, and will highlight what foods contain the highest concentrations of minerals.

PAY IN ADVANCE | \$10 PER PERSON OR \$15 FOR YOU AND A FRIEND
PAY AT THE DOOR | \$15 PER PERSON OR \$20 FOR YOU AND A FRIEND

2 PRIZES AVAILABLE | [CLICK TO SIGN UP](#)

DATE & TIME:

Thursday, June 14th
6:00-7:00pm
Followed by Q&A

LOCATION:

Adjust To Health Chiropractic
109 2nd St S.
Buffalo, MN 55313



Integrated
HEALTH SERVICES