

HERBAL & NUTRITIONAL CONSULTATIONS

*Available for the month of October
at The Spirit Room.*

with

Mary Wong

Mary Wong has worked for 38 years as an herbal, food and nutritional consultant. Currently a resident of Alhambra, California, Mary will be in Fargo for the month of October and available for consultations at the Spirit Room.

Consultations on Healing Through Food

Guidance to Vibrant Longevity

Also, specializing in chronic problems such as:

- Blood sugar
- Blood pressure
- Menopause
- Stress and over-exertion
- Bone and muscle weakness



Mary Wong has worked in the nutritional and natural health field since the 1970s. She has worked as a food consultant, a nutritionist and as an herbalist in California for the last ten years. Since 2005, Mary has been working on Ph.D.s from Clayton College of Natural Health in Naturopathy and Nutrition and has completed study with ten individual Master Herbalists through Herbal Mentoring Practicum.



Available at **The Spirit Room: 111 Broadway**

For appointments call: **701-237-0230**

After November 1st call 1-626-576-7638