

## SATURDAY FALL WORKSHOPS

**FWK1**

**DIGEST YOUR HEALTH —**

***Natural Solutions for Optimal Digestive Health***

*Karol Schuyler, RN*

**ZAFWK1**

**Zoom Available**

This workshop will help you understand indigestion, gas, bloating, and other digestive dilemmas and focus on a variety of natural solutions to improve your digestive system and overall health. You will learn how to: • combat inflammation • improve your immunity • avoid holiday overindulgences • modify recipes to eliminate gastrointestinal distress • select and prepare food in a new way. Nutrients for optimal health and top food sources for vitamins and minerals will also be discussed. Karol is a grower of fine herbs and a culinary chef so she will share some wonderful healthy recipes. Come prepared to ask questions and discuss your health issues with a medical professional who knows how to listen to the details! Enjoy lasting health and wellness, improve your vitality, and thrive the natural way!

**Karol Schuyler, RN, CHNP** (*Certified Natural Health Professional*), **CWC** (*Certified Wellness Coach*) and educator, **CBD consultant**, **MMT** (*medical massage therapist*), and experienced herbalist, is a life-long, transformational therapist, providing an impressive list of health services for more than 35 years. She stays current with emerging disciplines and natural remedies, which she evaluates with a stringent scientific eye. She is a leader in the growing group of medical practitioners who understand the need to look at failing health (gut health issues, blood sugar imbalances, diabetes, chronic inflammation, autoimmune conditions, chronic fatigue syndrome and Lyme disease, to name a few) from various perspectives and modalities—not just one. Karol's practice is located at Palma Sola Therapies in Bradenton, Florida.

**1:00-3:00 PM**  
**One session**

**Saturday, November 12**

**Members \$30**

**Non-Members \$35**

### HOW TO REGISTER FOR PROGRAMS

**MAIL:** Mail in one of the registration cards found in the middle of this brochure.

**ONLINE:** [www.tbieducationcenter.org](http://www.tbieducationcenter.org)

**EMAIL:** [edcenter@longboatkeytemple.org](mailto:edcenter@longboatkeytemple.org)

**PHONE:** (941) 383-8222

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**NOTE: We ask that Zoom registrants register early for administrative purposes.**

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Become a Friend/Member and enjoy special member prices and benefits!

Check the flap attached to the registration cards in the middle of the brochure for membership details. Call our office, send us an email or visit our website to submit your membership application.